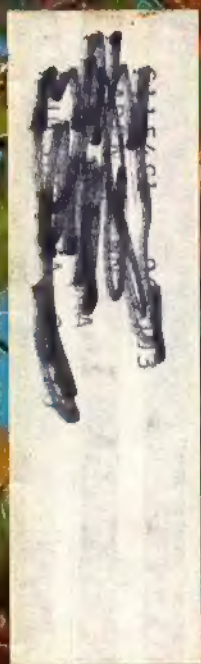
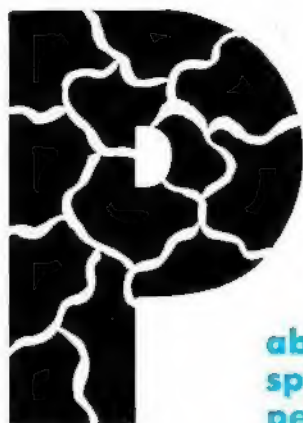


Crafts 'n Things

\$1.00

OCT. — NOV.
WOOD CARVING
SHOE PLANTERS
PAPIER MACHE'
SEEDS
MACRAME'
CROCK POT DECORATING
STICK ANIMALS
PLEXIGLASS ETCHING





PUZZLED

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person for that special occasion?

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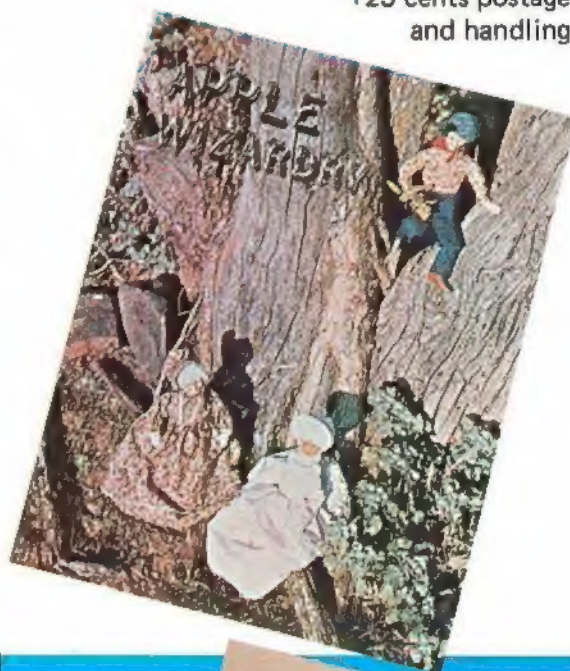
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with these books, my full price will be cheerfully refunded.

Crafts 'n Things

OCTOBER — NOVEMBER 1975

VOLUME 1 NO. 4

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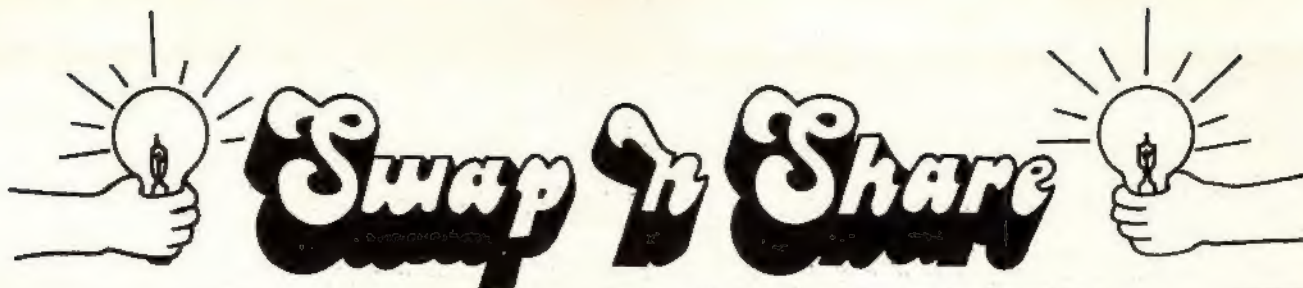
All of Dallas, Texas

FOR ALLOWING US TO PHOTOGRAPH IN YOUR LOVELY HOMES

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..... Our "Swap 'n Share" section is designed to enable you to share your ideas with other 'Crafters' and for them to share their ideas with you. Every edition will be loaded with plenty of questions and answers.

Question 1. We have had so many requests for back issues. There are copies available for the April-May issue and the June-July issues. Please send \$1.00 plus 25 cents postage and handling for each back issue.

Question 2. In your "Swap 'n Share" section, I notice a lady was looking for ways to use porcelain door knobs. They are most attractive with dried arrangements in them and a velvet ribbon around the top with a bow in front. Also, for the lady with the patchwork over a clay pot, you can coat the inside of the pot with a heavy coat of paraffin before using it.

Mrs. Thomas H. Brown
Columbia, Tn. 38401

Answer—Thank you for your excellent ideas about door knobs and flower pots. We will be doing a story soon in which we will use porcelain door knobs as a decorator project.

Question 3. Just received my first edition of Crafts 'n Things. Enjoy it immensely—In "Swap 'n Share" question 13 (June-July), Mrs. Ronald T. Alged asked where she could buy old fashion clothes pins. I don't know where to buy them but if she will write me I will gladly send her 30 or 40 of them—as I have a big bag my mother used to use many years ago. Mrs. Bagley will pass this on to Mrs. Alged.

Mrs. Ophia Bagley
430 Culbertson Ave.
Greensburg, Pa. 15601

Question 4. I dye flowers by letting them drink vegetable food dye. These dyes seem to have become watered down, and no longer give the desired colors. Is there some craft supply

house where commercial flower dyes obtain their dyes? Also where can I obtain pendants or pins with a plastic or glass cover behind which I can glue a small flower arrangement? I am so glad to be receiving your wonderful magazine.

Mrs. Grace lobst
Rt. 1

Kintners Ville, Pa. 18930

Answer—A flower dye used by many floral supply houses is "Flor a dye" manufactured by Color-Craft Flower Dyes Inc. Chautaugua, N.Y. 14722. Cost is about \$5.50. Readers can you help Mrs. lobst with her pendants?

Question 5. My husband and I have access to a few 5 gallon galvanized old fashioned milk cans, which we would like to paint and decorate possibly with decals of some design as we are not gifted in drawing and painting. We really need some help on how to do this. We are new subscribers to your magazine and find it very interesting.

Mrs. Robert T. Cuny
San Antonio, Texas

Answer—You need to wash your can good, and rinse with vinegar water. Prime with a good metal primer and apply your paint. Glue decal in the desired position and brush or spray several coats of varnish over the entire surface.

Question 6. Would like some ideas of how to go about displaying my menus that I have collected from restaurants in our travels.

Shirley Inglis

Answer—Try making place mats out of your menus. You may use clear contact on both sides to protect them.

Question 7. I have a lot of plastic cups that are used in giving medicine in hospitals. I have made small pin cushions out of them but would like to make Christmas decorations out of them. Any ideas?

Betty Pinson
1603 N. Nichols
Ennis, Tx. 75119

Answer—One reader suggested using the plastic cup turned over to make a bell for the Christmas tree. Glue a ribbon on the bottom and spray or paint the cups with acrylic paints. Another suggested turning the cup on its side and putting small miniatures inside and punch small holes in the side with a hot needle to run gold cord through the holes to hang the ornament by. You might dress them with dried flowers, moss, etc. Do you readers have more suggestions for Ms. Pinson?

Question 8. I have tried to make your bread dough flower pot. I had used 2 cups of flour and when I added 2 more cups it became very dry and stiff. I couldn't work with it so I added more of the other ingredients. What was wrong with my dough? I did make my own bread dough pot. It doesn't look like yours—but it is different and I bet you couldn't find mine in a store.

Mary Leah Parter
Burlington, Ma.

Answer—Our craft consultants suggest you use a little more water, a tablespoon at a time until the flour is pliable. You may need to add a little extra baking time to be sure you have baked out any excess moisture.

Question 9. I have a wall that measures 9' 10" long x 4' 3" high and

would like to sketch and paint a mural on it. Can you suggest and advise if there is any tracing and instructions that I can go by? If there is a book or anything I can use please advise. I am interested in country or terrace scenes.

L. Baltaglio
129 Main St.
West Orange, N.J. 07052

Answer. We are sorry we do not have an answer for you but perhaps you readers can help?

Question 10. I was wondering if you could tell me where I would be able to get colored stones. They do come in kits for Ming trees and jewelry, but I

want just a bag of the same colored stones.

Stephanie Michalski
3220 Brookline
Berkly, Mich. 48072

Answer. The bead department of your favorite craft store should carry these stones.

..... The "Current Crafts" section will be full of dates reminding you of demonstrations, workshops, conventions, or perhaps a special announcement that you would like to make for an event in your particular area.

OCTOBER 3, 4, 5. HOT SPRINGS, AR-KANSAS. Arts and Crafts Fair. Friday and Saturday—10:00 a.m.—9:00 p.m. Sunday—1:00 p.m.—5:00 p.m. Free Parking. No Admission. Sponsored by Extension Homemakers Council.

OCTOBER 11, 12, 13. WHITE HAVEN, PENNSYLVANIA. The third annual Jack Frost Arts and Crafts Show. Held every Columbus Day Weekend in the Summit Lodge of Jack Frost Mountain Ski Area. For information contact: Ms. Virginia Mahon, c/o Jack Frost Mountain Ski Area, Star Route - Box 37-A-1, White Haven, Pa. 18661.

OCTOBER 21-22. LAUREL, MARYLAND, MONTEPELIER MANSION. Prince Georges County Extension Homemakers hosts its annual Arts and Crafts Open House. Exhibits and scheduled demonstrations from 10 a.m. to 8 p.m., public invited.

OCTOBER 22-25. HYANNIS, MASS. CAPE COD MALL. "Spirit of '76" Festival with professional demonstrating Colonial Crafts people in Colonial costume. For information: Eunice Swann, 475 Blackshire Rd., Severna Park, Md. 21146, 301-987-5052.

OCTOBER 20-25. FIVE DAY FALL TRAINING SEMINAR. By Priscilla Hauser and Company. At the Yankee Drummer Inn, Auburndale, Mass. for all dealers and instructors seeking the best instruction on Tole' and Country painting techniques. Sponsored by Hobby-Caterers' Wholesaler, and United Arts and Crafts Distributor, respectively based in the Boston area, and the Hartford, Conn. areas.

OCTOBER 21-26. DOVER, OHIO. Annual Quilt and Hobby Show. Reliable Re-

bekah Lodge Hall, 135 N. Tuscarawas Ave., Dover, Ohio. Take I-77 to Dover, follow Tuscarawas Ave., through the downtown section. Very easy to find. Last year we had the grand prize winner from the County Fair, 79 quilts and 39 afghans besides scads of all kinds of hobby items displayed. Included one quilt made from flax grown on the farm, spun into thread and the cloth made for the quilt.

NOVEMBER 6-8. LANDOVER, MD. Landover Mall, Exit 3V, Washington D.C. Beltway. "Spirit of '76" Craft Festival. Professional demonstrating Colonial Crafts people in Colonial costume. For information: Eunice Swann, 475 Blackshire Rd., Severna Park, Md. 21146, 301-987-5052.

NOVEMBER 7, 8, 9. JOPLIN, MISSOURI. The 10th Annual Joplin Arts and Crafts Show and Sale, 101 N. Rangeline - Northpark Mall. Non-Profit. For more information: Carolyn Bybee, Co-chairman and Secretary, P.O. Box 1324, Joplin, Missouri 64801.

NOVEMBER 15. ANTHONY, KANSAS. Municipal Building—10-6 p.m. Third annual Sunflower Arts and Crafts Fair. Artists and Craftsmen from all over the country will have their ware for sale and exhibit. For information contact: Sherrie Eaton, 114 North Bluff, Anthony, Kansas 67003.

NOVEMBER 22-23. MOBILE, ALABAMA. The Port City Craftsmen and The Recreation Majors Club of the University of South Alabama "Fall Craft Show". All crafts, including art. No kits, imports or assemblies. Limited number of Craftsmen accepted from other than Deep South Area. Applications available August 15.

Deadline October 15. Write: PORT CITY CRAFTSMEN, P.O. Box U-1028, University of South Alabama, Mobile, Alabama 36688.

DECEMBER 13-14. DENTON, TEXAS. Christmas Arts and Crafts Show and Sale. Very large array of fine arts and crafts just in time for Christmas. All merchandise is handcrafted or painted by North Texas area Artists and Craftsmen. Denton Civic Center, Bell Ave. at McKinney St., Denton, Texas.

CURRENT CRAFTS													
S	M	T	W	T	F	S							
						1							
2	3	4	5	6	7	8							
9	10	11	12	13	14	15							
16	17	18	19	20	21	22							
23	24	25	26	27	28	29	30	31					

DO YOU HAVE A CRAFT EVENT YOU WANT SOMEONE TO KNOW ABOUT? WRITE:

Crafts 'N Things
P.O. Box 1341
Arlington, TX 76010

PLEASE GIVE US EXTRA TIME.



Whittle away the hours productively! You'll find yourself whistling while you work because you'll be creating an especially beautiful piece of handi-work. Our designer has chosen a piece of aspen wood, whittled it into a smooth walking stick and carved an intricate leaf design at the top for use as an easy-to-grip handle. Finish with green stain to bring out the design and add a lovely luster.

Fishing for an inventive new decorating idea? Here we have whittled away on a piece of bass wood to create this charming little fisherman. Use acrylic paint to brighten your creation with your favorite colors. Set him on the nearest bookshelf or desk for the attention he deserves!



A busy wood-carved dragonfly is building his home while giving us a clever craft idea. Carved from balsa wood, the dragonfly can be stained or left natural. Here we have added a clump of artificial greenery to give added depth. Hang the spoon among your kitchen utensils, a nice grouping!

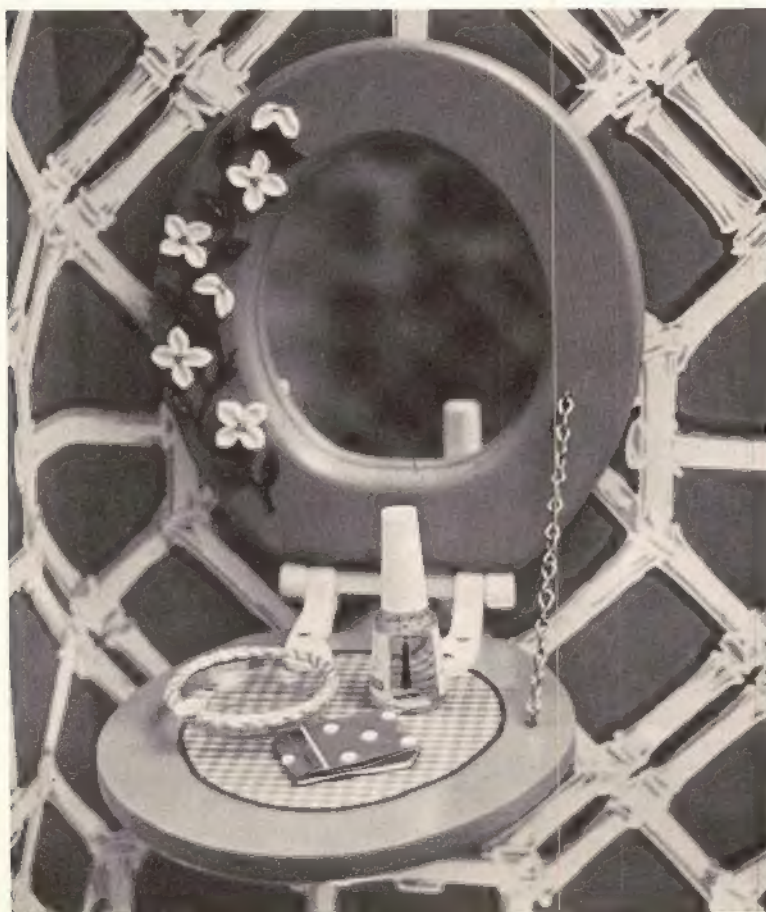
Want to surprise an avid horse fan with an original gift? Spruce up his or her desk with this handsome pen and pencil holder. Start with these two pieces of bass wood, glue them together and pound with a rock to create a notched effect. After carving the horsehead into the wood, the entire piece is stained. Finish by drilling holes for pencils, an easily purchased pen holder is mounted on the base.



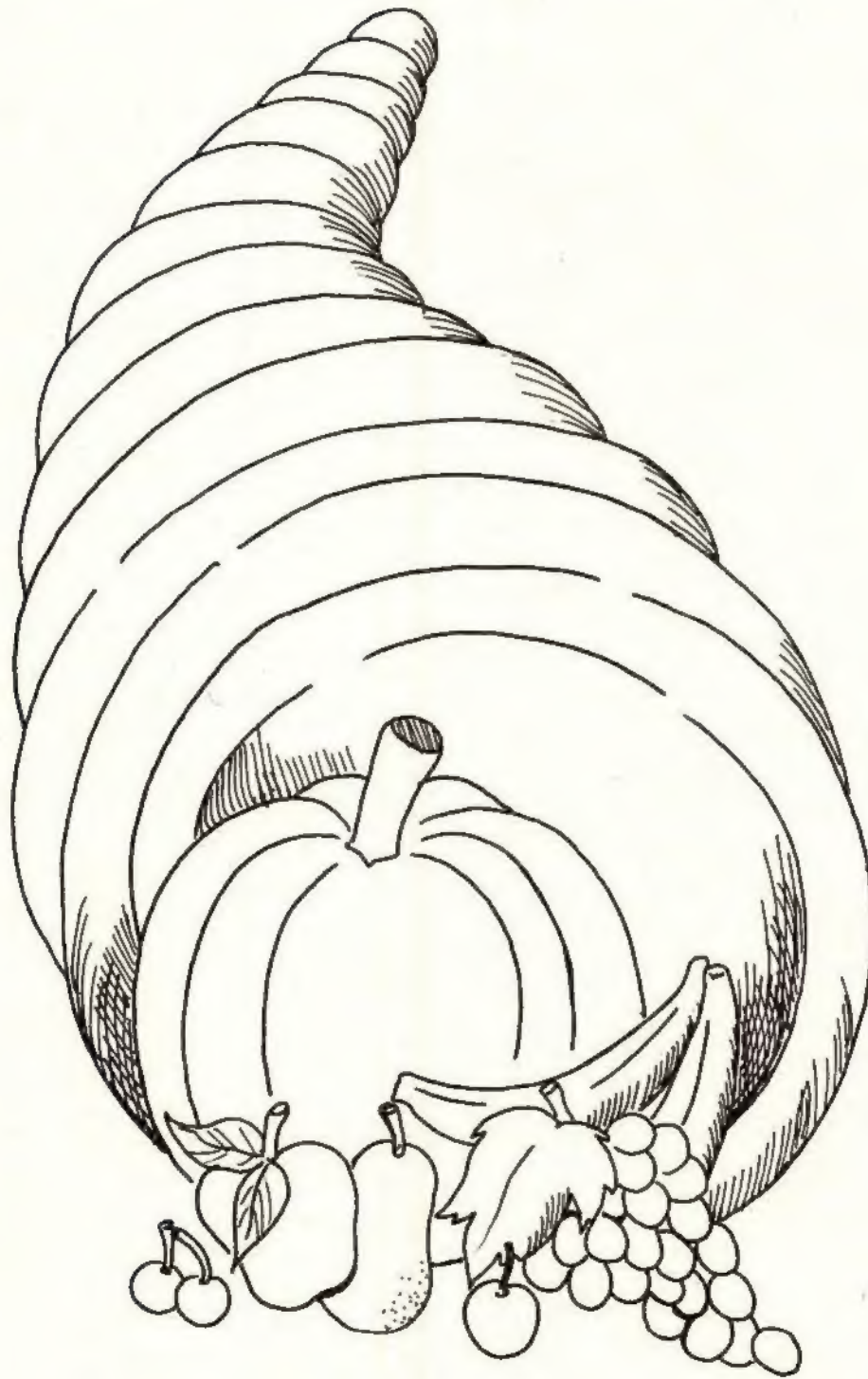


The flair of country style decorating is right in your fingertips! Colorful fruits and vegetables are tumbling out of our hand-carved horn of plenty to bring you a delightful accent piece. Carved on pinewood, painted and stained... an easy way to enliven a barren wall!

Our miniature potty lid makes a striking display for your bathroom wall. Pretty in coordinating colors and accented with flowers carved from balsa wood painted and glued to the lid. An innovative way to keep your cosmetics close at hand.



Relief Pattern



See p. 8 for instructions

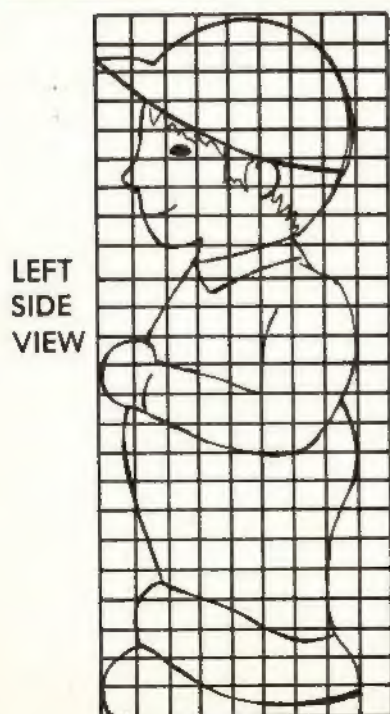


1. To prepare for your wood carving, whether you are doing a 3-D project or, as we have demonstrated, a relief carving project, trace the design off on to the wood. There are both white and pencil color graphite papers on the market that will assist you in doing this. When using graphite paper, be sure you have placed the graphite side down toward the board. With a sharp, narrow carving tool cut a deep line on either side of the graphite line you have drawn as shown in photo one to the left. Careful! Don't slip!

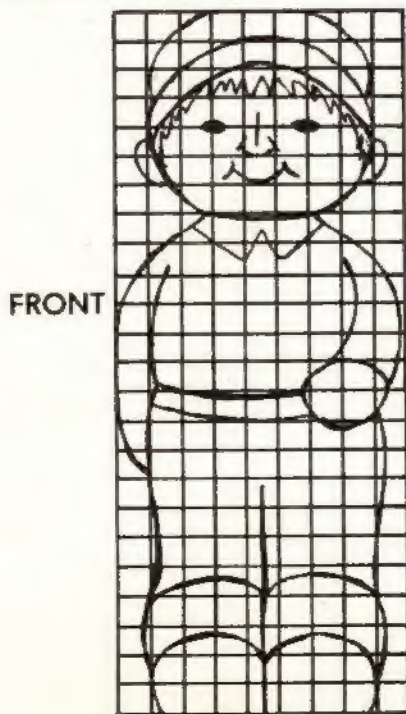
2. Now, using a gouging tool, hollow out areas that would appear recessed for depth. The hole in the cornucopia from which the fruit spills should be gouged out in order to give depth and in order to allow the fruit to appear 3-dimensional.

3. Using a slit tool remove the wood that is between the two slits made on either side of the graphite lines of the horn of plenty that you made in step 1. This will form valleys and ridges to shape the cornucopia. Follow the same procedures to give the dimension to the fruits.

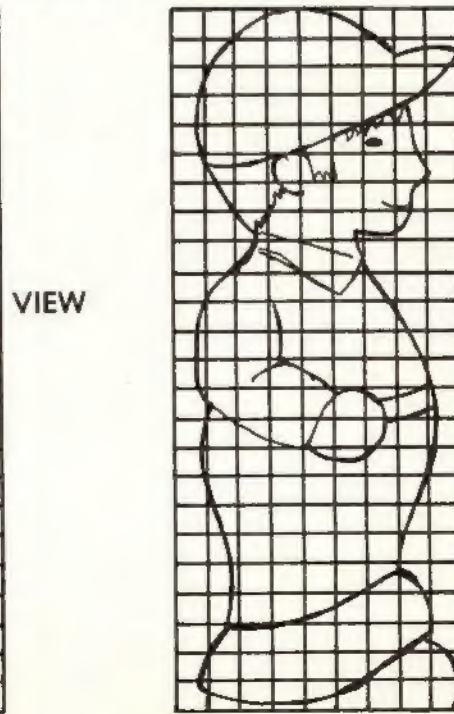
A three dimensional project will require a block of wood for the carving material. Below is a reduced illustration from which our little boy on page 4 was carved. Of course, more carving for depth is necessary to shape him. Always be careful with those blades! Don't carve toward yourself! Happy whittlin'.



LEFT
SIDE
VIEW



FRONT



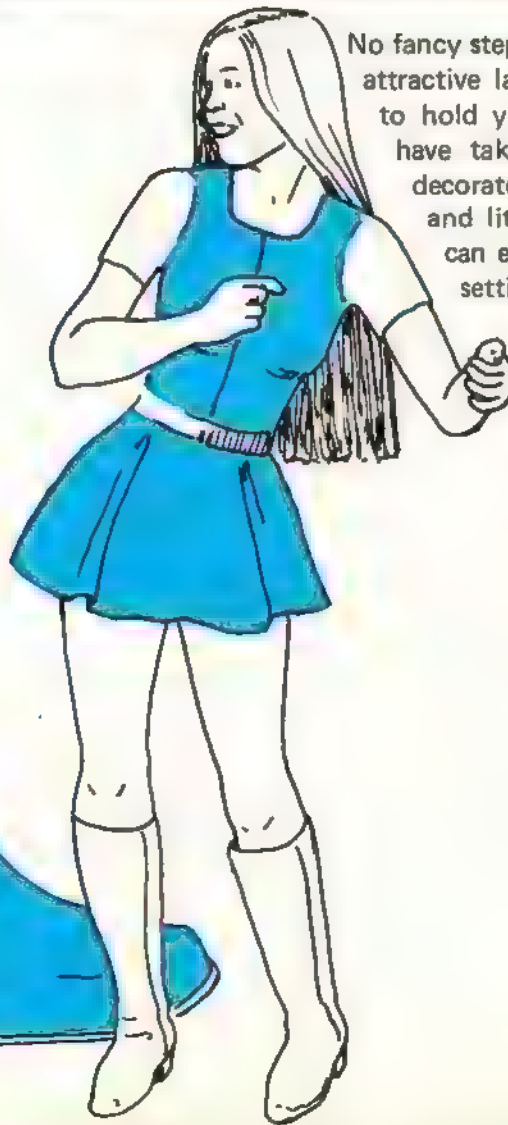
RIGHT
SIDE
VIEW

These boots aren't made for walking!



The enthusiast of western decor will appreciate our efforts to utilize this western boot for displaying in your home. Use it to store matches, kindling wood, etc. by the fireplace to give it a rustic look. The boot was first painted then stiffened with resin.





No fancy steps needed to enjoy making this attractive ladies' shoe into a perfect spot to hold your favorite flowers. Here we have taken a stiffened dainty pump, decorated it with green acrylic paint and little flowers on the vamp. You can easily work it in with the room setting of your choice.



The man in your life will be delighted to find you have turned one of his most favorite old shoes into a desk caddy. A real conversation starter when setting on his desk! This two-tone shoe was stiffened with resin first then painted, a wooden block is used to hold pens and pencils.



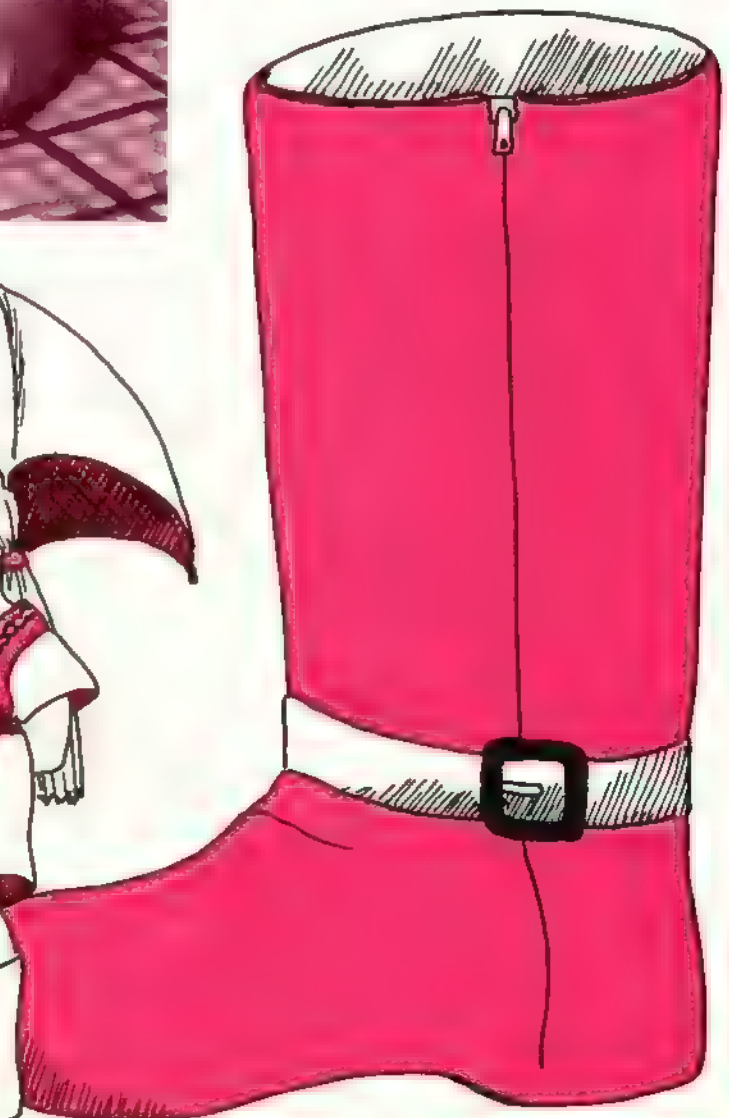


Save your child's tennis shoes as a reminder of pleasant memories! Keep them in a special place to show them off. . . here we have placed them among a group of toys, a much appreciated gift idea.

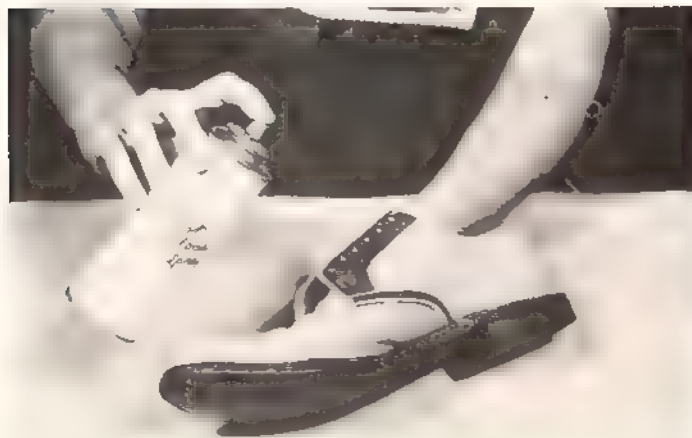




Preserve baby's shoes naturally with resin stiffening instead of bronzing. A unique way to keep shoes just as they were! Just polish them with resin and set them beside baby's picture! Be ready for complimentary comments!



RESIN SHOES



1. If you need a unique planter for that prize plant or want to preserve your baby's shoe naturally, not bronzed, this project is just for you. Add a block of wood with holes drilled in it and you have a desk organizer. . .Or choose a boot and you have an ideal and original fireplace match holder. If you plan to use the shoe as a planter, it will be necessary to brush resin both inside and out to stiffen and waterproof for planting. Two coats will waterproof the shoe well enough for a planter. Add weight to the toe of the shoe to lessen the possibilities of a topple by pouring in sand, gravel, or plaster. It will be necessary to waterproof the shoe before adding the weight for stability, however. It may be necessary to add additional catalyst to the resin in order to get it to dry thoroughly and quickly, approximately four times more than normal amount. Choose a brush you do not need as it will be unusable after brushing on the resin. For thorough dryness, allow up to 12 hours between coats.

2. Since leather is very porous, at least two coats of paint will be necessary in order to obtain a smooth finish rather than a rough texture.

3. Detail work may be done by outlining the stitching with a contrasting color, or, as we did on the lady's shoe on page 10, add a floral arrangement or design for accent. Allow the paint to dry thoroughly between coats and before the final step is to be executed.

4. To finish the painting with a shine, spray the shoe with a high gloss acrylic spray or paint it with varnish. This will also safeguard the paint from excessive scratches.

Now it's time to plant or fill the shoe with any of the suggestions we've given or perhaps a new idea of your own.

The MACHE' Midway

Playfully teasing each other are these fun-to-create papier-mâché animals. Perfect for decorating game rooms or dens, a great play-toy for the children. To construct the lion you will wrap papier-mâché around three balloons to form his shape, then paint and stain. The mouse is shaped over styrofoam, left natural. Use felt and accessory pieces for features.



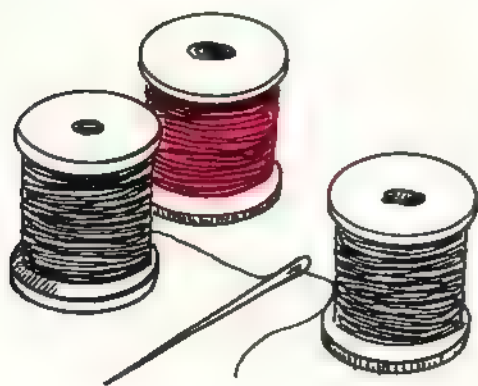


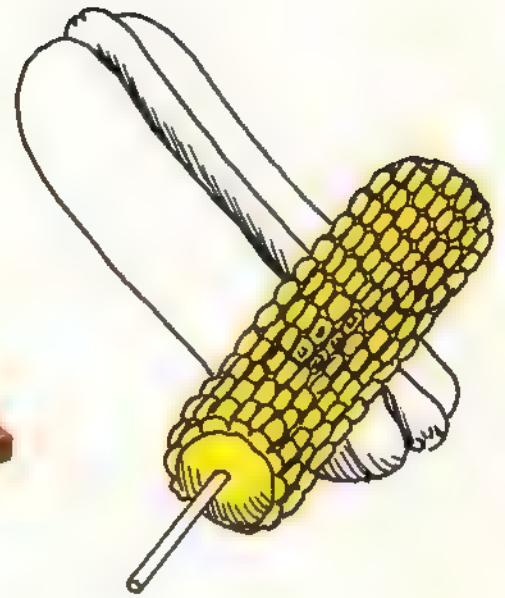
Light up a special friend's face with a beautifully accented mirror you can make in a few hours time! Pick out a mirror in the color you want, shape papier-mâché flowers with your fingers then paint with acrylics and glue to the back of the mirror.





Scheme up a sensational sewing basket for yourself and friends. Select a favorite basket, form spools and scissors with instant papier-mâché over cardboard cut-outs. Shape, dry and paint with acrylics. A special Christmas gift to keep any seamstress in stitches.





Offer your guests a napkin from this unique napkin holder the very next time you have a party! Fun to work with instant papier-mâché is used to create the meat and vegetable kabobs. Label "Chef's Specialty" for stirring up your guests' appetites! Napkin holder could be made from pieces of wood glued together and painted in a kitchen coordinating color.





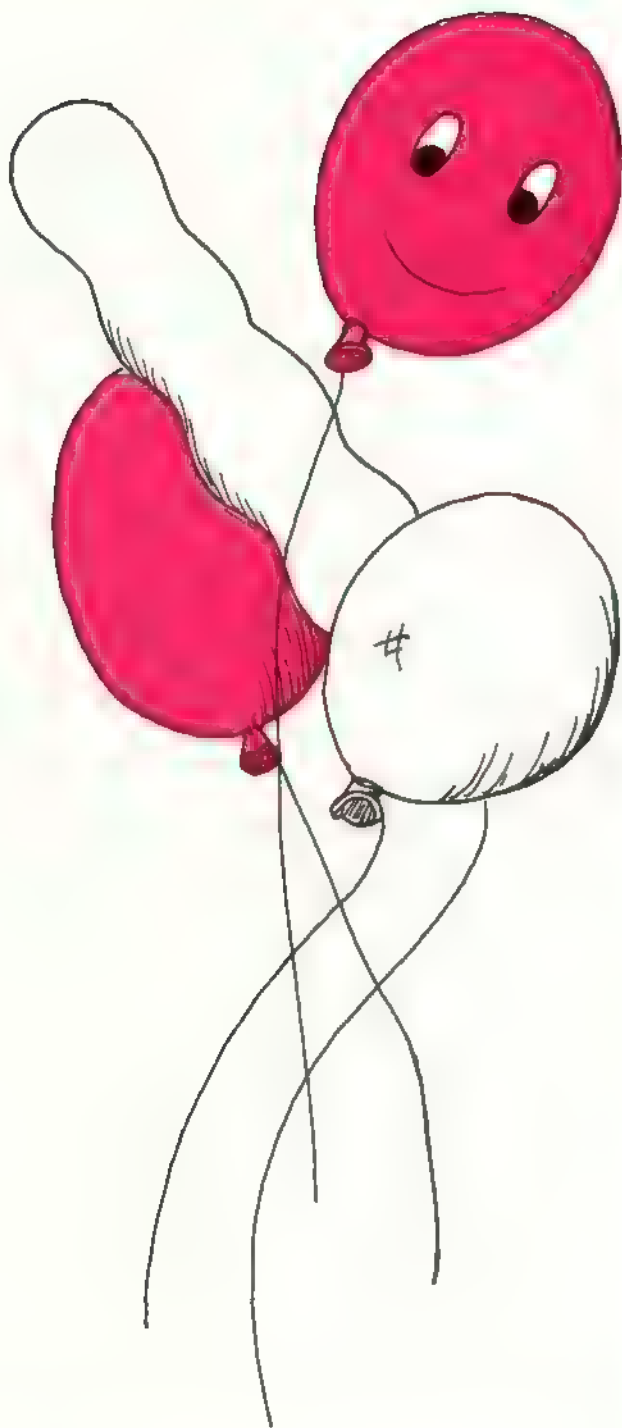
Let the friendly elephant keep your children's money safe and sound! They'll happily store the money you give them in this colorful papier-mâché bank. Made by spreading instant papier-mâché over balloons-formed body, shaping ears and trunk with cardboard and paper towel rolls. Finish by painting on features. For extra frill, add a pretty blanket trimmed with poms-poms!



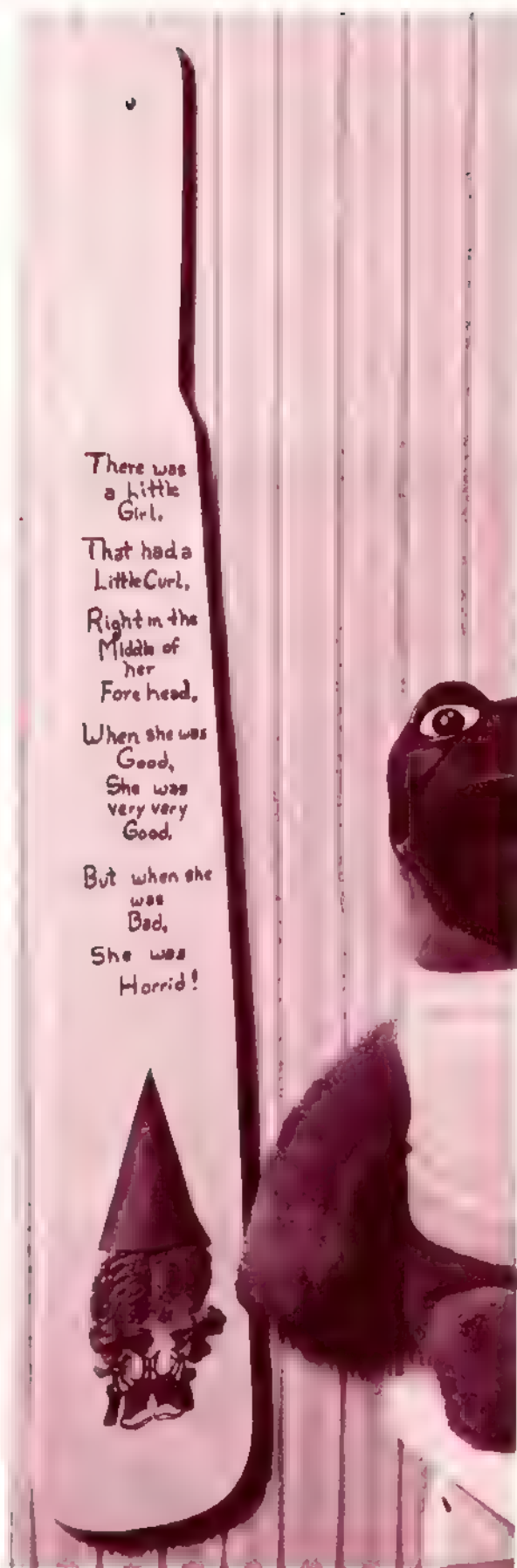


A shave and a haircut the old-fashioned way! Men's bathroom caddy with mug and shaving cream of instant papier-mâché. Use ledge for razors, etc., make a cut-out space for cup, hang towels from small rods. An interesting and practical Christmas gift for that special guy!





Hang this delightfully cheerful paddle in your little girl's room to remind her to be good! She'll love the girl with the fluffy instant papier-mâché hair. So easy, she can help you make it! Get busy now for an exciting Birthday or Christmas gift idea.



There was
a little
Girl,

That had a
Little Curl,

Right in the
Middle of
her
Fore head,

When she was
Good,
She was
very very
Good,

But when she
was
Bad,
She was
Horrid!





1. "Instant papier-mâché" can be used over a balloon, strips of newspaper, and white glue shaped form, over a wire form covered with newspaper and glue, or over a cardboard form like the men's bathroom caddy, as we will show you. The lion and elephant were formed over balloons. The mouse on page 15 was sculptured over styrofoam. The flowers on the mirror on page 16 were molded with the fingers. The scissors and spools on the sewing basket are over cardboard forms like the shaving cup. On page 21, the naughty little girl has 3-D hair formed of "instant papier-mâché". To make the cup, we cut a handle of cardboard and a strip of poster board rounded on the front and flat on the back for the body of the cup. All parts were taped together with masking tape.

2. Mix the instant papier-mâché with water until the "dust" particles are all moistened. Do not saturate to the point that it's soggy or it will take much longer to dry and the possibilities of mildew are greater. Should you have a mildew problem, spray the object with an aerosol disinfectant. Add the instant papier-mâché to the cardboard form with a palette knife or spatula. The instant mâché has a tendency to be sticky and the tool will allow you to add the substance with less mess.

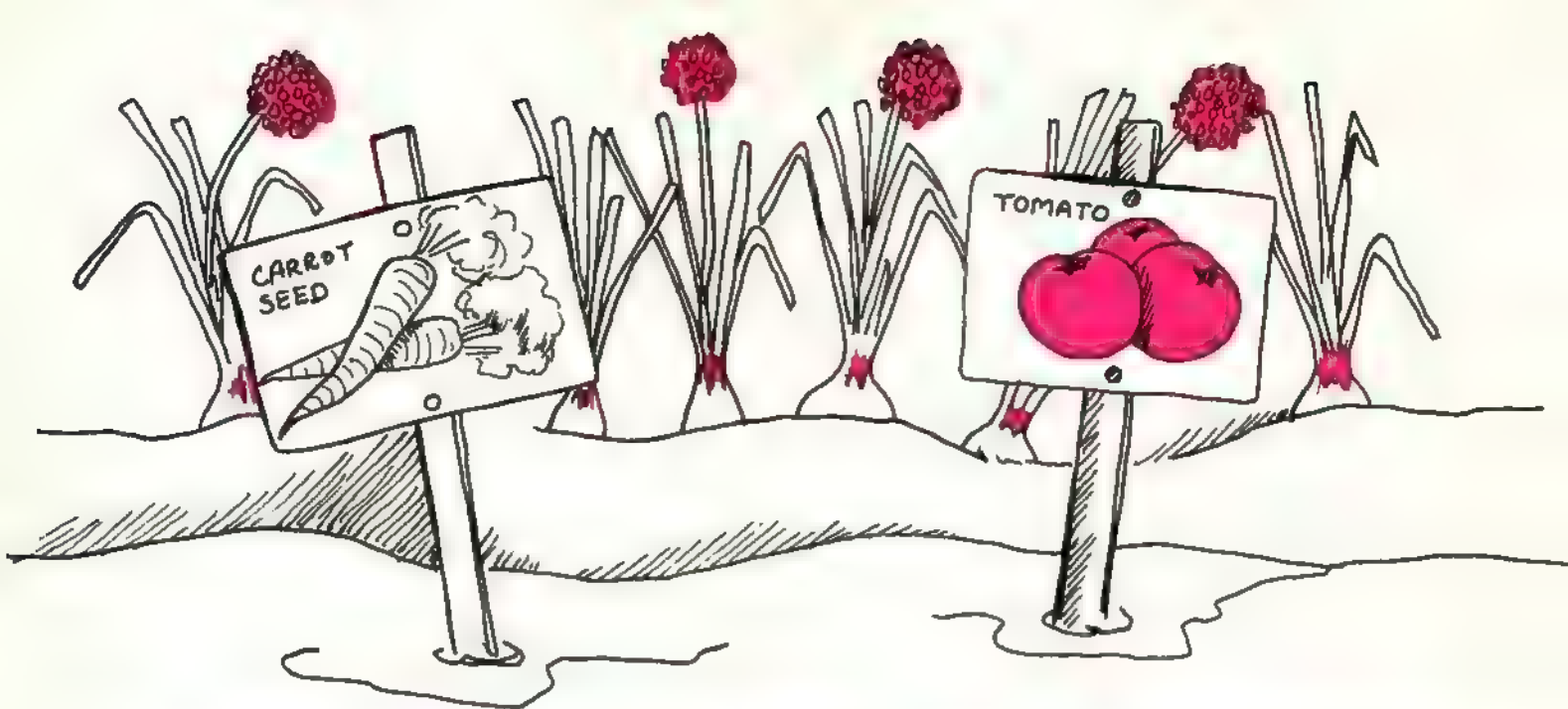
3. Smooth the mâché over the cup form with the palette knife until you have covered the entire form. Form the foam and bubbles out of little balls of mâché with your fingers and place them at the top of the cup. It will take at least 24 hours for the instant papier-mâché to dry thoroughly.

4. Once the instant mâché has dried completely, (it will be a light grey like it was before adding water), you will prime it with gesso before painting. A liquid pearl paint adds a nice gleam over the white bubbles and foam. Paint the board (caddy) with acrylic and seal it with plastic spray. Glue the cup into place.

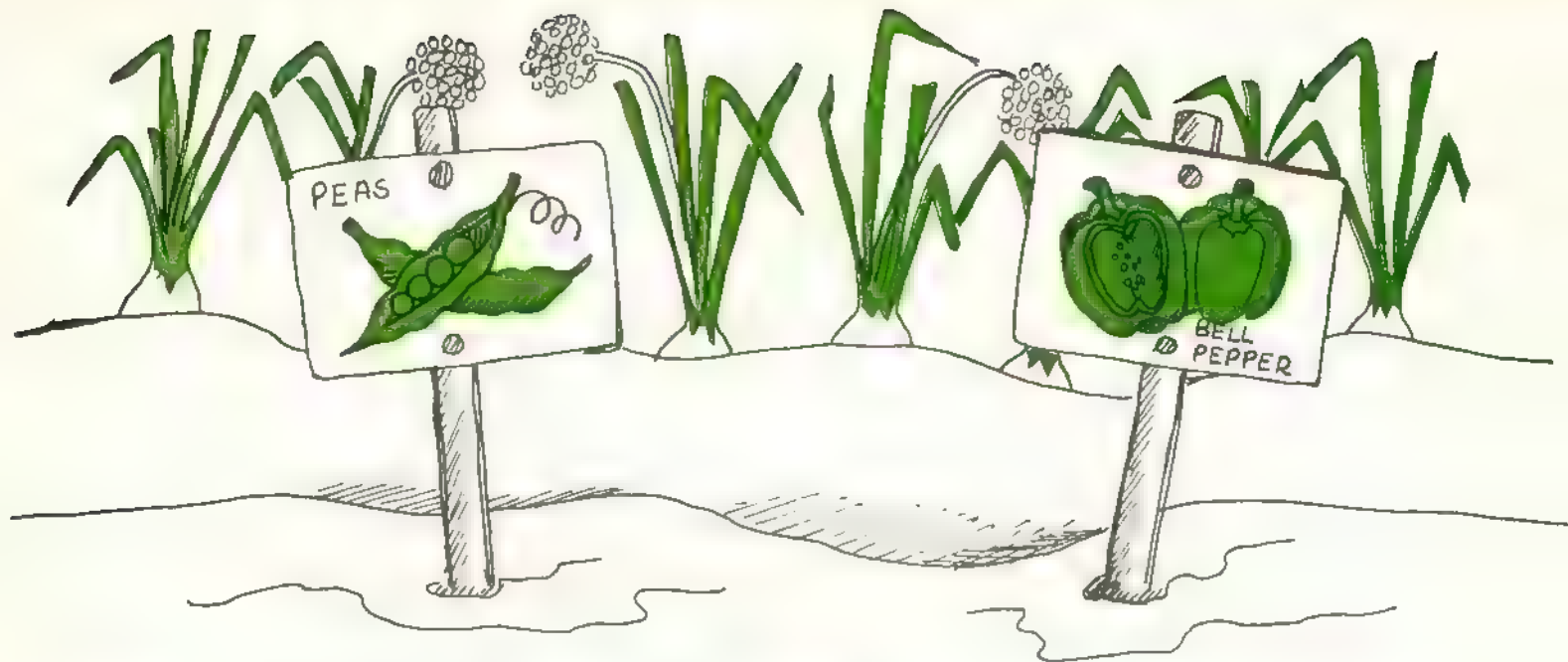
Plant it with Purpose



Fancy yourself taking off for faraway places as you learn to use our exciting new craft idea made of easy-to-find seeds! We have started off with this airplane design using mustard seeds, brown flax and sesame seeds plus poppy seeds for the windows. A nice addition for a teenage boy's room, an interesting conversation piece for the den. Try this one then use your imagination to take off with an original project of your own.



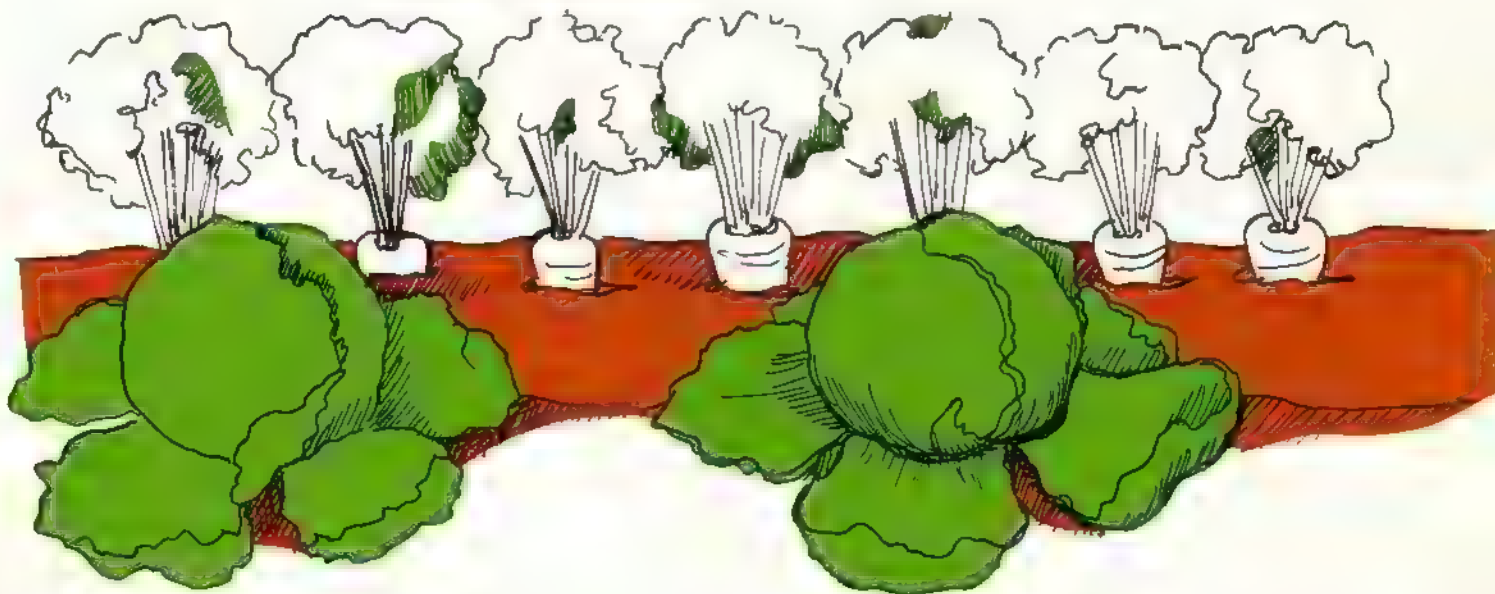
Bring a bit of nature into your home with this lovable "quacker"! You can just imagine a peaceful lake with our little fellow's "live" look-alike floating about! Use green split peas for the head, radish seeds for the chest, the ring and belly of squash seeds, back of sunflower seeds. Especially appropriate for early American or rustic settings.



How beautiful can a rosary be? Just look at this unique one made of imported Belquim seeds. It's the type of necklace you can make your own special way using your choice of seeds. It will be all yours when you finish and you can say "I made it myself!" A very personal gift a close friend will cherish.



Let this wise guy keep up with your steak knives and add a touch of color to an otherwise plain knife holder. Our feathery friend is made of flax seeds with oats and peppercorn seeds for features. The background is done in sesame seeds. When finished, cover with antique stain for a dark effect. A gift every homemaker on your Christmas list would enjoy.



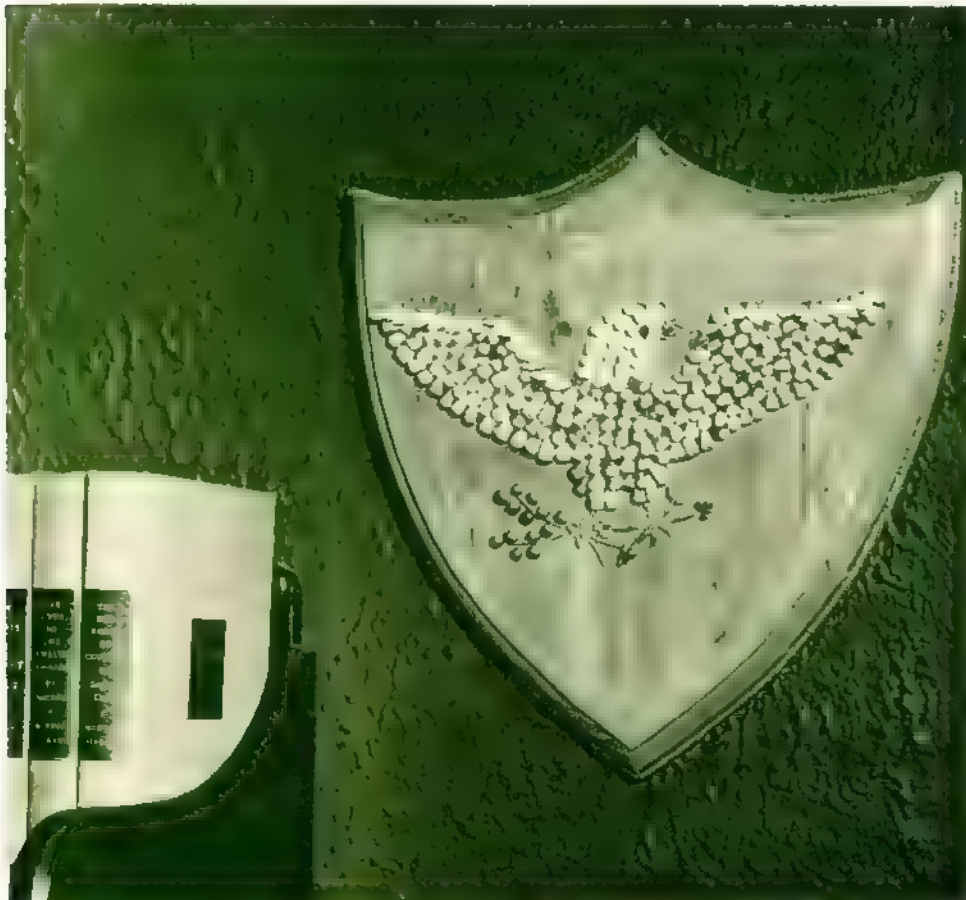


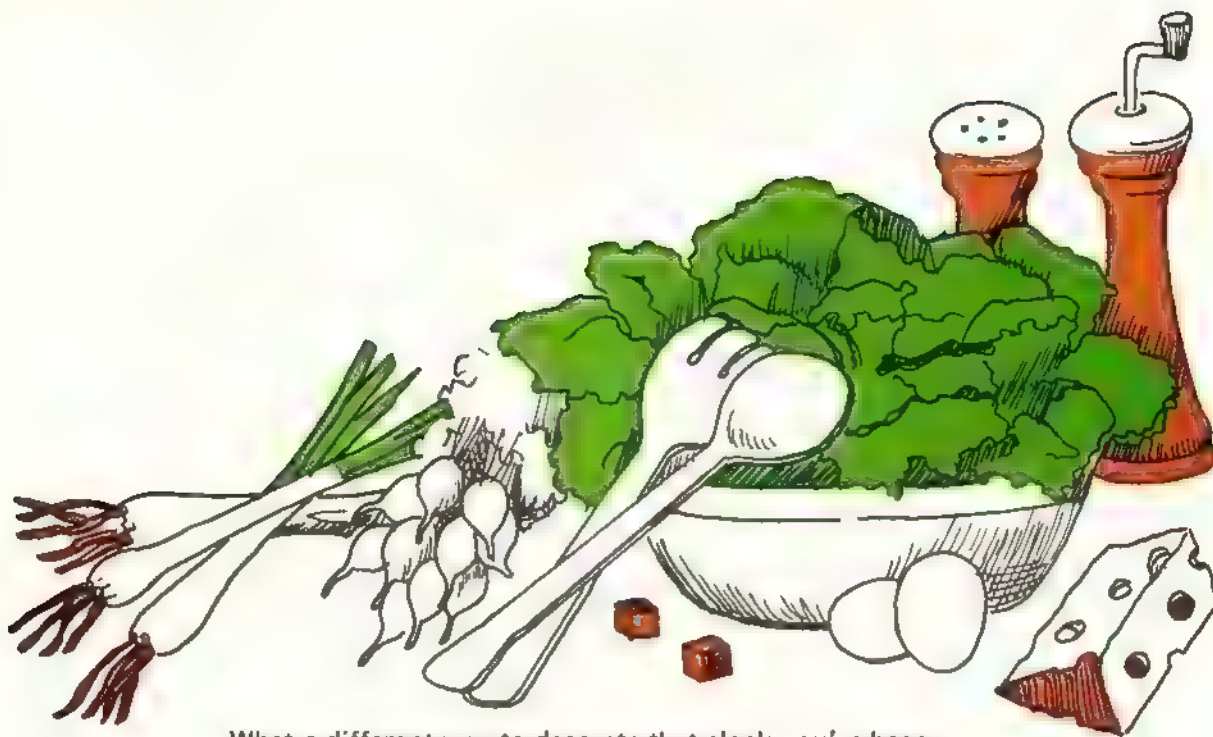
All the salt isn't in the seal Dare to be different and store your salt in this handy box with a nautical motif on the front. Our graceful ship will bring you a bounty of compliments! Easy to make with sesame, radish, dill and poppy seeds. Just a few hours invested and you'll have a real treasure!





Add a Bi-Centennial eagle to your home with our timely seed craft design. He's fun to put together using a variety of seeds. Let the whole family join in bringing this bit of patriotism into your home. Can't you just picture him flying high in your den or teenager's room? You might want to add other designs that remind you of when our country was young and place them in a nice wall grouping.





What a different way to decorate that clock you've been thinking about giving away! Place some colorful seeds around the face of the clock using our flower design or any other idea you might think of! Turn a tired, used item into a very delightful gift or wake up to it yourself. These flowers were made with satisfy, squash, flax and radish seeds. Charming on a bedroom lamp table or a fireplace mantle.





Don't throw away that peach seed, put it to good use! Make this unusual necklace with little effort on your part. It's fun to create and the seeds are easy to find. Here we have added small colorful stones to accent the piece. Don't stop now, add a bracelet and earrings to your collection.



List of Seeds Used:

Duck Decoy: Split peas for the head
Sunflower seeds for the back
Radish seeds for the chest
Squash seeds for the belly and around the neck

Airplane: Mustard for the main body
Flax and Sesame seeds for decoration
Poppy seeds for the windows

Ship and waves: Sesame seeds for waves
Radish for the body of the ship
Dill for the sails
Poppy seeds for the mast and ropes

Eagle: Squash for the head and top of wings
Red pigeon corn for the body and wings
Mustard seed for the bill and feet
Pepper seed for the eyes (Pepper corns)
Winter Peas for the leaves
Flax for the tips of the arrows
Satisfy for the stems

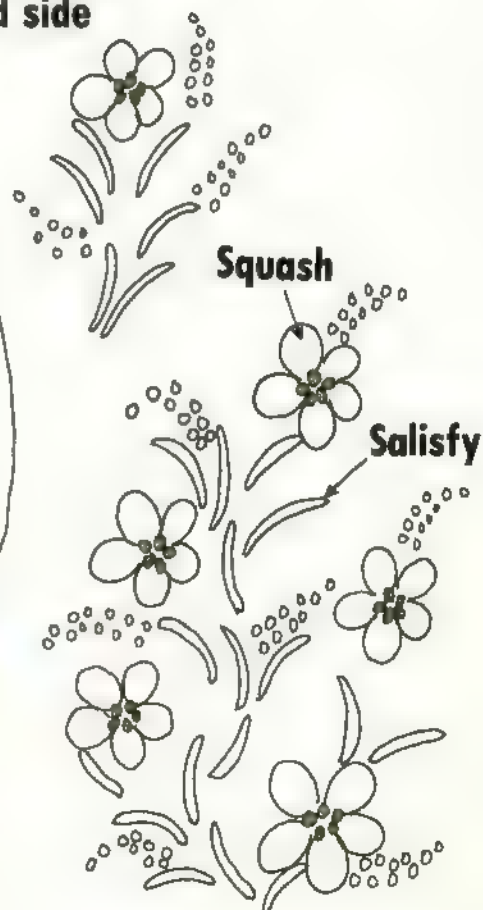
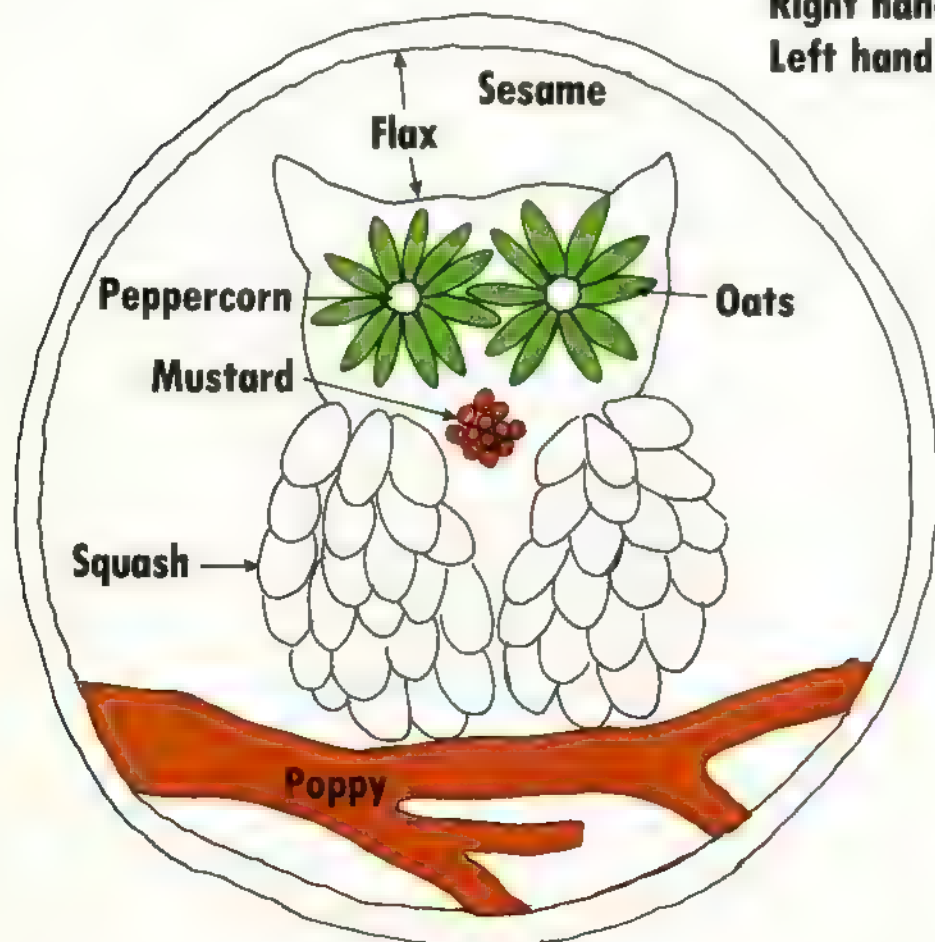
Clock: Squash for the flower petals
Flax for the flower centers
Satisfy for the stems
Radish for the leaves

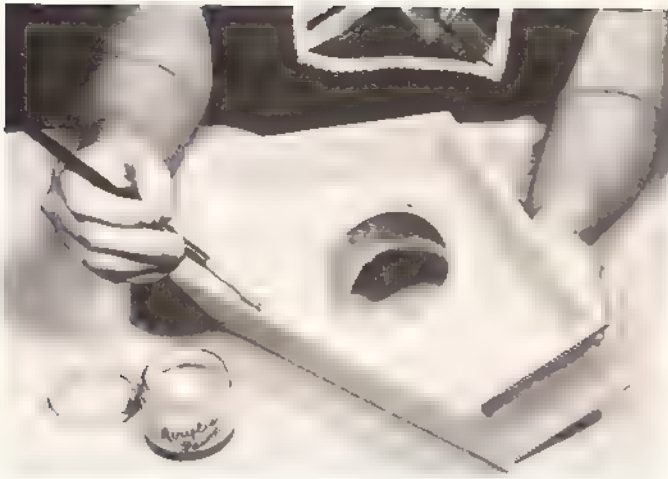
Owl: Flax for the head and outer circle trim
Pepper corns for the eyes (center)
Oats for eye feathers
Sesame for the background
Mustard for the bill
Squash for the wing feathers
Poppy for the branch

*The red pigeon corn and winter peas come in a pigeon mix feed.

Owl and Clock Patterns

Right hand side
Left hand side





1. If you choose a wood that is very porous, you may wish to seal it with a coat of gesso before you add your acrylic paint. Allow the gesso to dry thoroughly before the paint is added. If your project is a large one, try to keep your brush strokes going in one direction for uniformity.

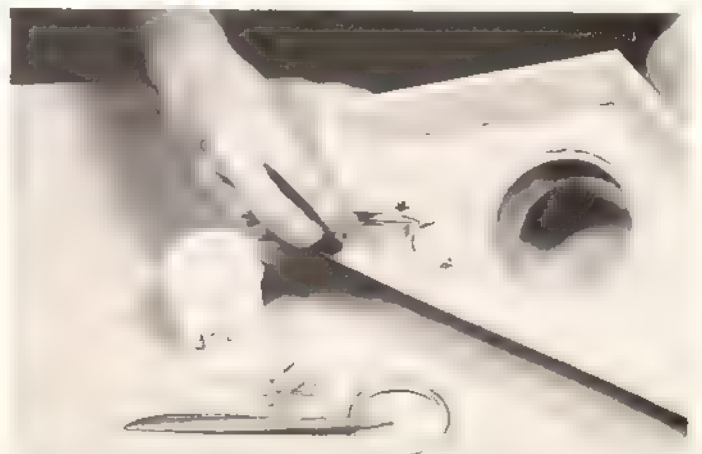
3. Dab a little more tacky glue in the center of the petals and add seeds of a contrasting color for the flower centers. For our centers we used flax.



4. Add more dabs of glue in the places you wish to put the stems and put the stems in place with your tweezers. We have used salisfy for our stems. Allow the glue to dry thoroughly. If you wish to seal the seeds to protect them from varmints like the weevil and his friends you may seal your creation with several thin coats of plastic spray or varnish.



2. Dab a bit of quick drying tacky glue in the area you plan to place the flower petals. On the clock which we are demonstrating on for you, we have used squash seeds for the petals. Tweezers are very helpful in placing the seeds.



Macrame' . . . or knot to Macrame'



Dramatize that barren corner! Make this exquisite macrame' hanging table to show off a favorite artifact or a piece of priceless antique glassware. Use it indoors or out to greet a host of admiring guests. The base was made by wrapping macrame' cord around a bicycle wheel. Square knots were used to make the hanging extension. Finish with a piece of glass cut to fit the base.





ALTERNATING CHAIN



While you're in the macramé mood, knot this hair clasp in a few hours and wear it that night! A beautiful accent piece that will go well with the newer natural look in clothing . . . wear it with dresses or pants, it goes with both!



This macramé necklace is bound to bring a second glance! It goes well with your casual wardrobe and doesn't take more than an afternoon to put together. Follow the design shown here or be inventive and come up with an original!





Set the mood native style! Create a new look in wall hangings for the den or outdoor patio. You can use coordinating colors of macrame to enliven that hard to decorate spot. Easy to do, just use basic macramé knot, the square knot and the half hitch knot. A welcome gift for the home decorating enthusiast.

ALTERNATING HALF HITCHES





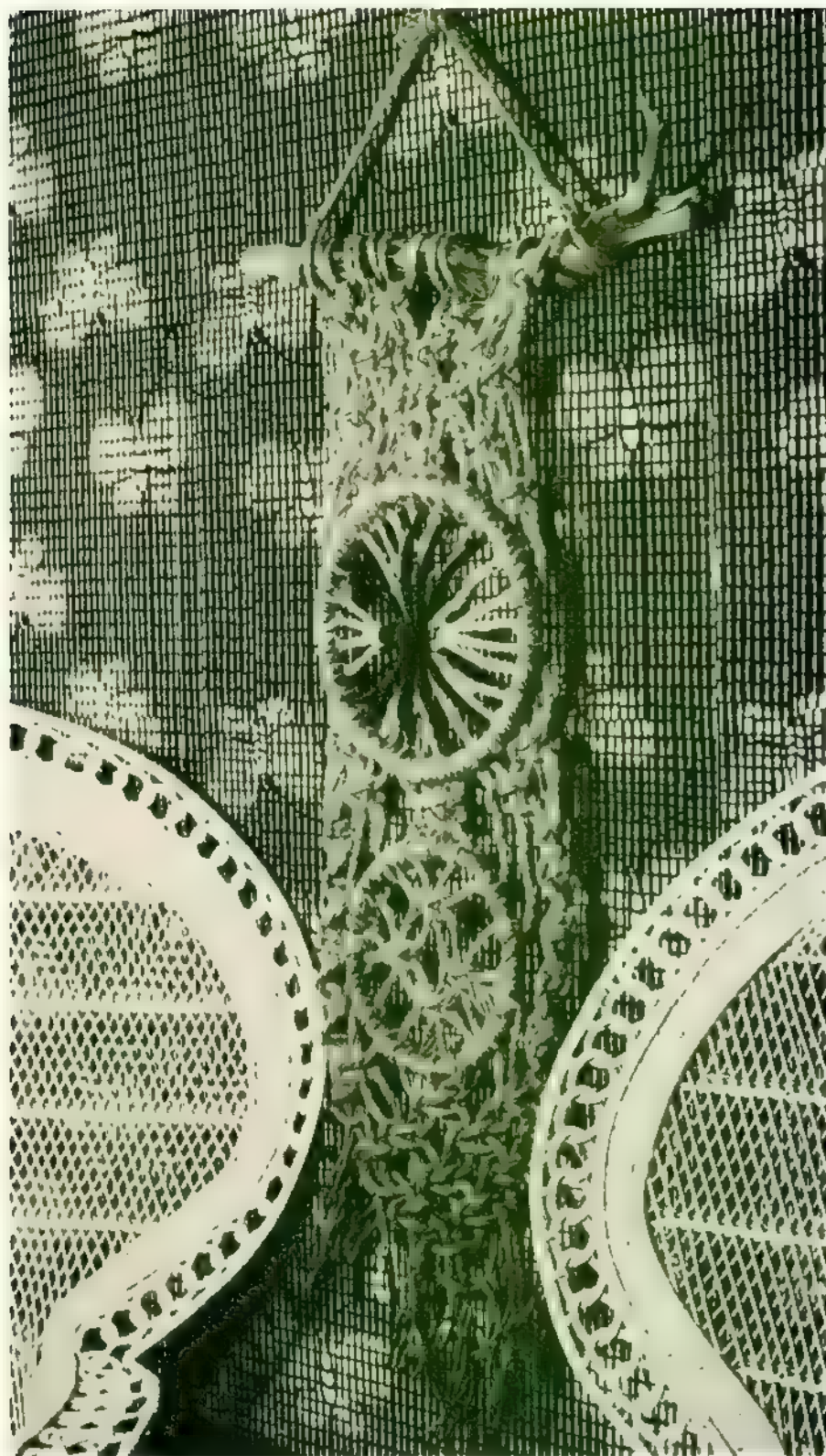
This ladies belt belongs with your favorite pair of jeans or shorts! It's a must you'll want to add to your collection! Use your special macramé touch to give it a personal look. Use the basic square knot or discover new ways to entwine your very own pattern.

Ever think you could make your own shoes? Now's your chance to really show off your macramé talent! They'll be a standout in any crowd and you can feel free to create your own designs to add to the interest they'll be attracting. After you have finished your design, simply tack the pieces to easy-to-purchase wooden soles.



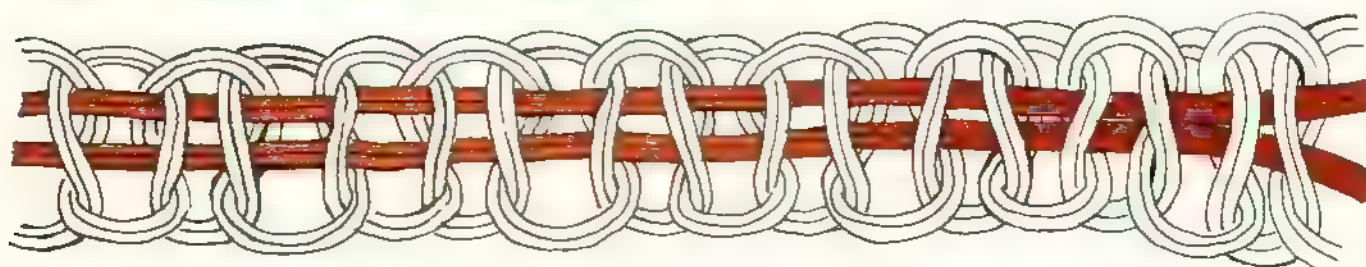
HALF HITCH

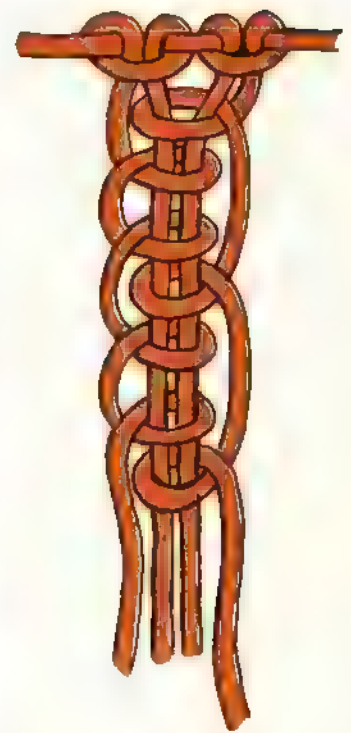




"Come into my parlor," said the spider to the fly! You can capture forever this spider in his web by macraméing this stunning wall hanging in natural color with spider done in black. Sure to blend in with your home furnishings. Use this adaptive color scheme or try out something of your own.

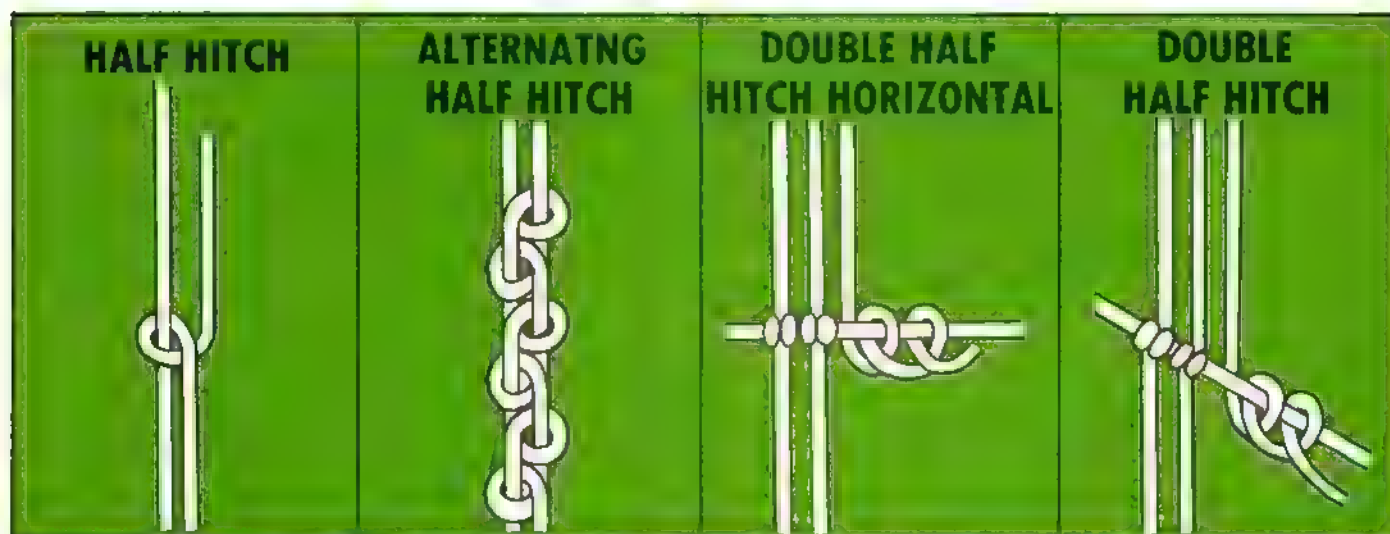
TWO STRAND SQUARE KNOT





Use your creative touch to dress up an ordinary room. Place an exotic plant in this attention-getting macramé hanger. You can use natural cord or go colorful with a red, orange or bright yellow. You might hang it in a spot where the light will strike it to enhance its beauty.

Half Hitch Variations



Half Hitch—To do a half hitch knot, lap your right cord over the left cord, come behind the left cord, and back through the two cords which forms a loop around the left cord.

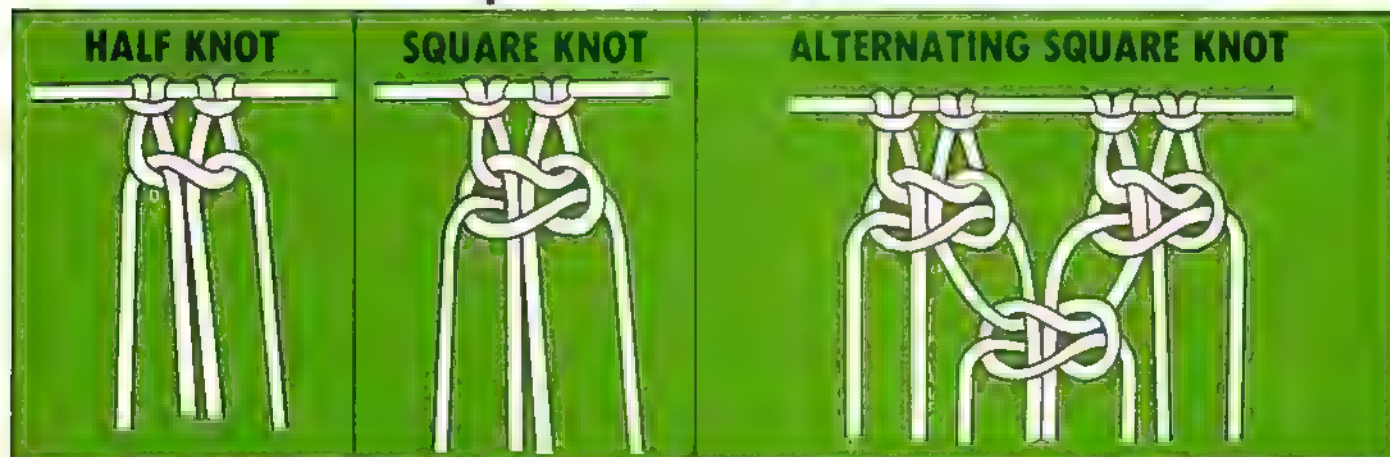
Alternating Half Hitch—To form the alternating half hitch knot, follow the same procedure as the half hitch for the right cord. Then repeat the same procedure with the left cord—left over the right cord, then behind the right cord and back through the two cords.

Horizontal Double Half Hitch—In doing this knot remember that the "anchor" or "holding" cord will always be on top. Loop

your "knotting" cord from behind the "anchor" cord up over the "anchor" cord, back behind the "anchor", over the loop you have formed, and to the front again to make another loop. When you drop the "knotting" cord back behind again, slip the end between the two loose loops and then pull tight on both the "anchor" and "knotting" cord. Be sure to pull the "anchor" cord horizontally.

Diagonal Double Half Hitch—Follow the same procedure as in the horizontal double half hitch only angle the "anchor" cord at a diagonal.

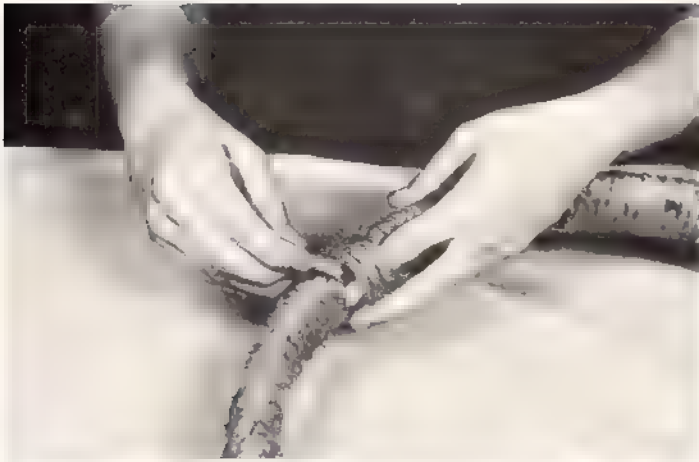
Square Knot Variations



Half Knot—Fold your cord in half to form a loop. Lay the loop over the "anchor" cord over to the back and back toward the front. Drop the two ends down through the loop and pull tight to "anchor". Follow the same procedure with a second cord beside the first. The two inside cords of the four that stretch downward now will become "anchor" cords. They will remain stretched down taut. The two outside cords are the "knotting" cords. Cross the right "knotting" cord over the two "anchors" and behind the left "knotting" cord. Now take the left "knotting" cord under the two "anchors" and through the loop made by the right "knotting" cord. Pull the "knotting" cords taut to form the half knot. If you wish to make a spiral, continue doing half knots.

Square Knot—To form the square knot follow the procedure for the half knot to form the first part. Then take the left "knotting" cord over the "anchor" cords and behind the right "knotting" cord. Take the right "knotting" cord behind the "anchors" and through the loop formed by the left "knotting". Pull the knot taut.

Alternating Square Knot—Form square knots side by side from eight cords. The right outside "knotting" cord from the first knot becomes an anchor now. The first cord to the left of it will be the left "knotting" cord now. In the second knot the left outside "knotting" cord becomes an anchor. The cord to the right of it will be the right "knotting" cord now. Follow the same procedure for a square knot using these cords.



1. Cut several small lengths of cord to cover the bicycle wheel. Lap the end of the cord to the inside of the wheel pointing in the direction you plan to wrap so that when you come up and over and to the inside again you will begin to cover the end. Wrap until the cord is nearly to an end and point this end in the same direction as the first. Lay the end of the next cord along side it and continue the wrapping procedure which will cover the second "end" of the second length of cord. When you have come near the end of wrapping the wheel, make three or four loops over your finger in place of the wheel as pictured and run the end back through these loops. Cut the excess cord off when you have pulled the end to tighten the loops. A dab of tacky, quick drying glue may be added at this point for an extra securing measure if you want.



2. Now cut eighteen - 14 foot cords. Tie three groups of six cords with an overhand knot thirty inches from the ends. Each one of these groups will become an "arm" of the table. Work on one "arm" at a time. Be sure to measure each group of knots. The four inside cords are to be "anchor" cords. Tie four square knots to measure four inches down. Switch the two "knotting" cords with the first two outside "anchor" cords as shown in the photo and leave a four inch space down the arm. Again complete four square knots to cover another 4 inch length down. Drop down 2" and form a square knot with the inside 4 cords letting the 2 outside cords dangle. Then down 2" more (4" total) with all six cords, knot 4 more square knots to measure 4". Alternate the outside "knotting" cords with the "anchor" cords nearest them as before. This "drop down" should measure 4" again. Tie four more square knots to measure 4". Drop down 2", as before, and tie a square knot with the inside 4 cords, as before, and drop down 2" more. Then again with all 6 cords tie 4 more square knots to measure 4". Make another 4" "switch-off" with the "knotting" and "anchor" cords. Tie four more square knots to measure 4". Follow the same procedure for all 3 arms. Be sure to measure accurately so the table will sit level when added to the wheel.



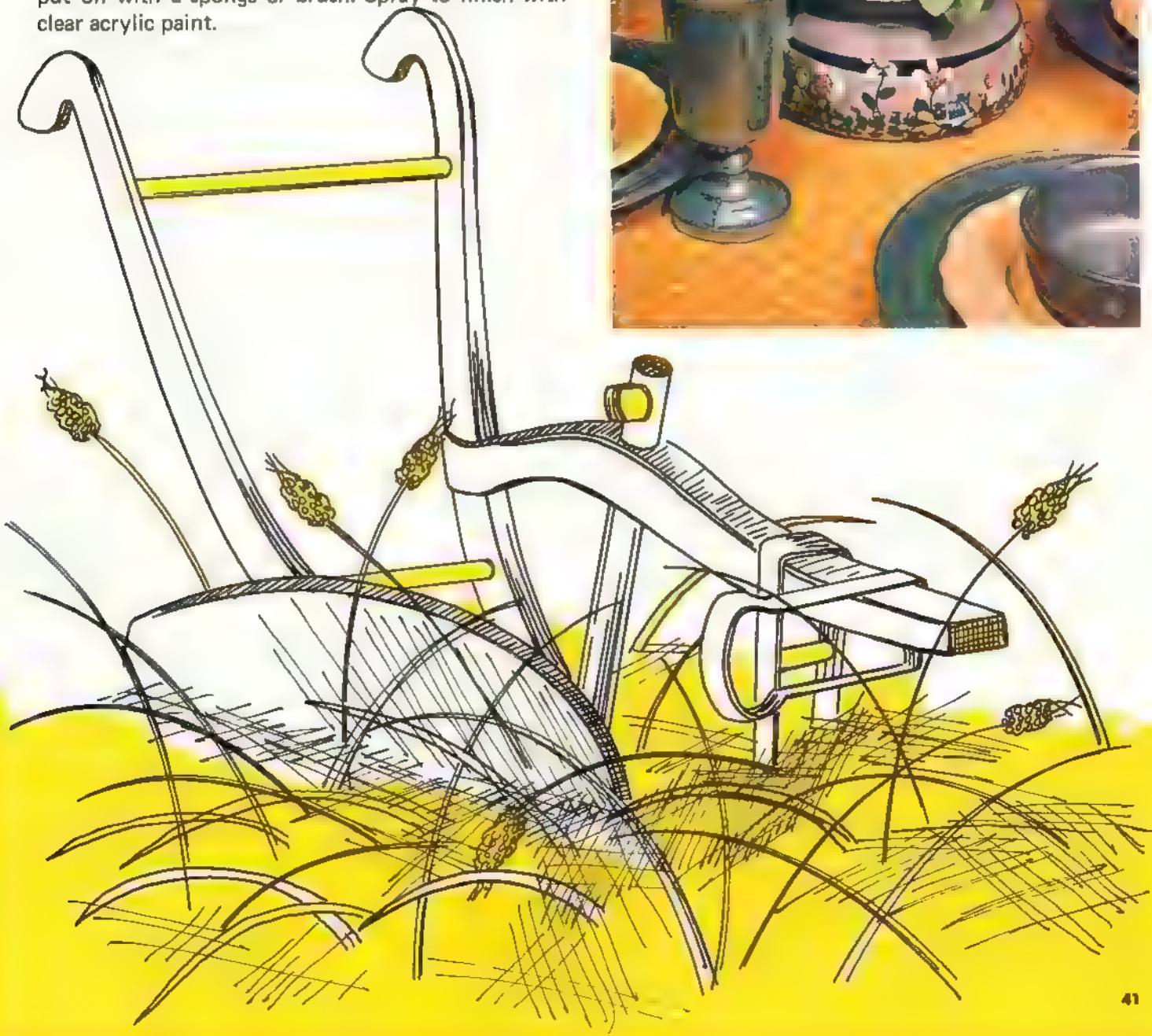
3. With a hammer pound a 16" length of copper tubing into a "question mark shape". Be sure not to make a right angle at the neck or curve of the shape because it will weaken the tubing. Pound and curve gradually. Untie all the overhand knots at the top of each arm. Lay two arms next to one another and tie a square knot using three outside cords from each arm. Use the inside 4 of these 6 cords as "anchors" and the outer 2 cords as "knotting" cords. Lay the third arm next to the second and tie a square knot with the same procedure. Then finish the circle off by tying a square knot in the same method using the third and first arms. Now alternate your square knots continuing in a circle. Complete four circles of alternating square knots in all. Then insert the neck of the copper question mark through the center. Gather the excess cord around the copper and wrap both the excess cord and the tubing with a "foreign" cord and tie off in the same manner you covered the wheel. Cut off excess.



4. Cut three-three yard cords. Divide the wheel up in thirds visually. Lap the two outside cords over the wheel and the four remaining under the wheel to secure it in position. Tie four square knots. Add each arm in the same way. Half way between each of the three arms "anchor" one of the three-three yard cords you've cut. Bring three cords from an arm and one of the "legs" of the "foreign" cords just entered. Tie a square knot using these cords at each point around the circle. Then take two cords from each of these knots (adjacent knots) and tie square knots all the way around the circle again. A star shape has been formed. Gather the left-over cord to the center and wrap with a "foreign" cord and tie off as you did the end of the wheel covering.

Gettin' down to earth with crockery

Pretty pebbles adorn this crockery pot and give you a planter that's perfect in any table setting. You can easily follow the flower design we have illustrated here or perhaps invent something more personal. Pebbles are glued on with silicone or quick drying glue then painted with acrylics. The background may be put on with a sponge or brush. Spray to finish with clear acrylic paint.

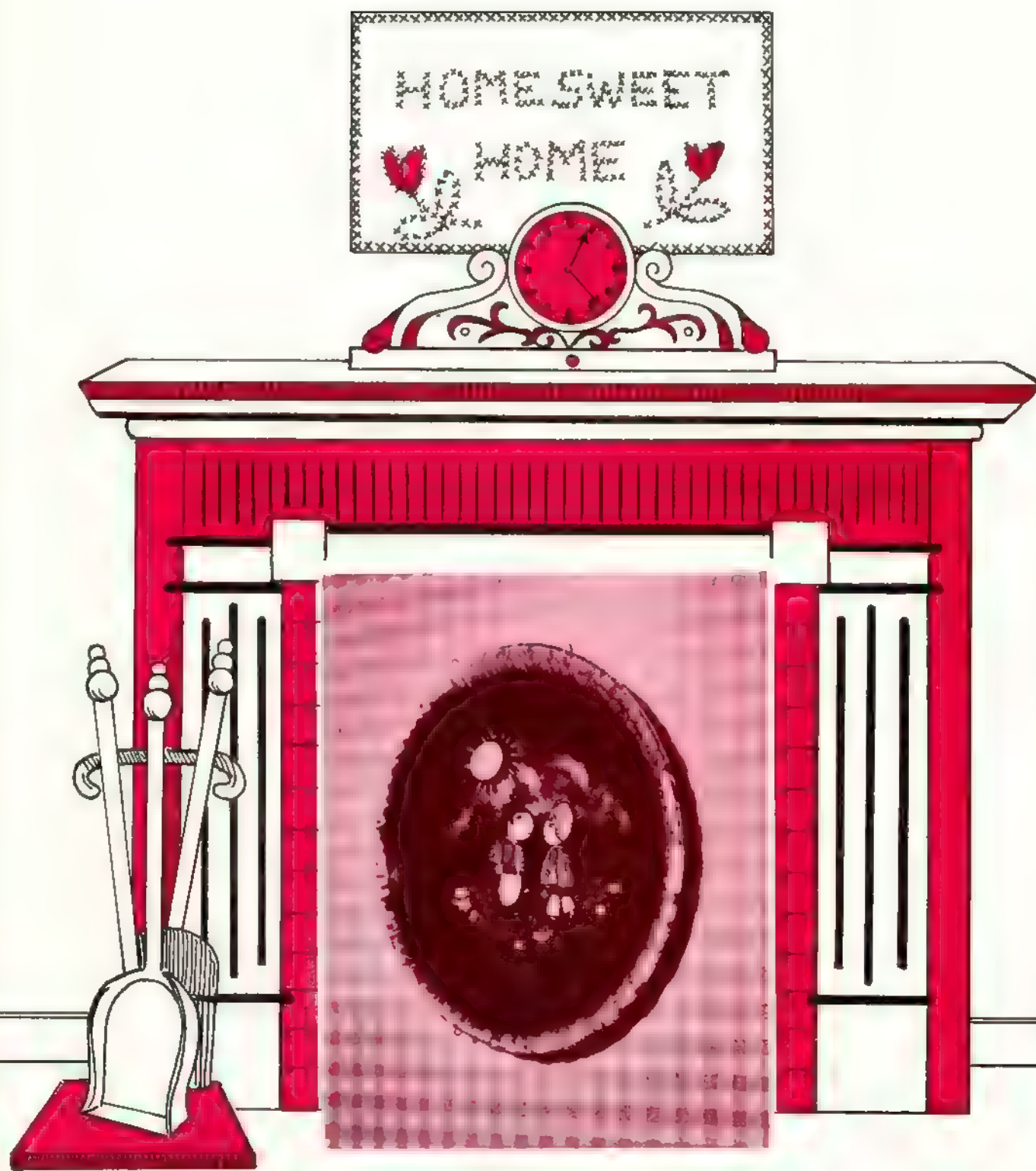




Set the dinner mood for a sea-coast adventure! Imagine that your family is attending a lobster bake on the coast of Maine! You can start things off with this functional and clever craft using pebbles to fashion a tempting lobster right on the front of this crockery dish. Use it for a butter dish when serving lobster; a sugar bowl, candy dish, etc.

Fishing for a new idea in bath accessories? Create your own sea life story on a crockpot, fill it with powder and a fluff and set it out on the vanity to attract the attention of everyone who passes by! Glue pebbles onto pot, add painted features. An easy-to-make Christmas gift.





This fun-to-do wall plate will add country charm to any room in your home. It's simple to put together. . . just a plate, a few pebbles, flowers and a little imagination! Another good Christmas gift idea for the young at heart!



We've taken the work out of churning and made it a delightful kitchen accessory piece. An easily purchased crockery churn can be decorated with pebbles and acrylic paint to produce this striking daisy pattern. For variation, remove the top and arrange a bouquet of your favorite fresh or dried flowers inside.



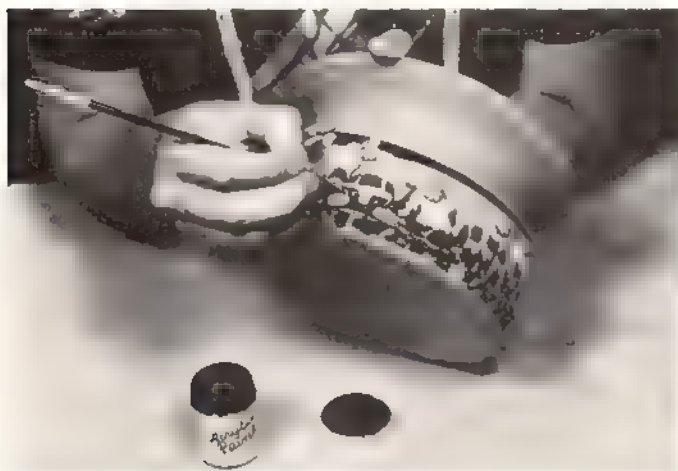


1. The background can be painted with palette knife and acrylic, sponge and acrylic, or brush and acrylic. On the cuspidor we chose to use the palette knife for applying the greenery background. Allow the acrylic to dry thoroughly.

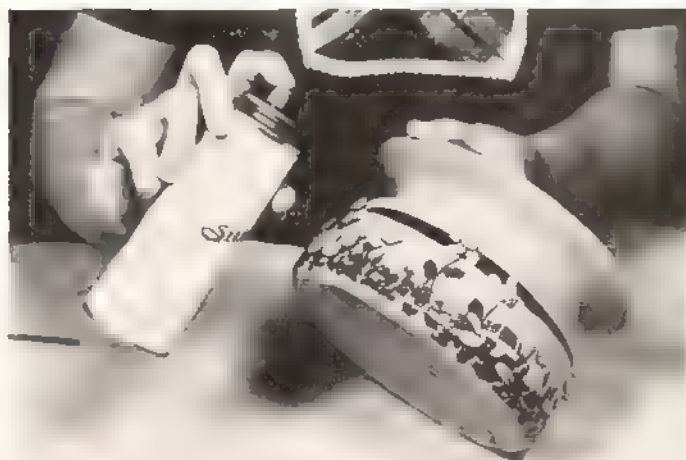
2. Design the animals or flowers on a scratch sheet of paper or in your mind as you choose your appropriate pebbles. A quick drying tacky glue or silicone glue is best for adhering the stones to the crockery or stoneware. Apply the glue in the area you wish to place your critter or foliage and add the pebbles.



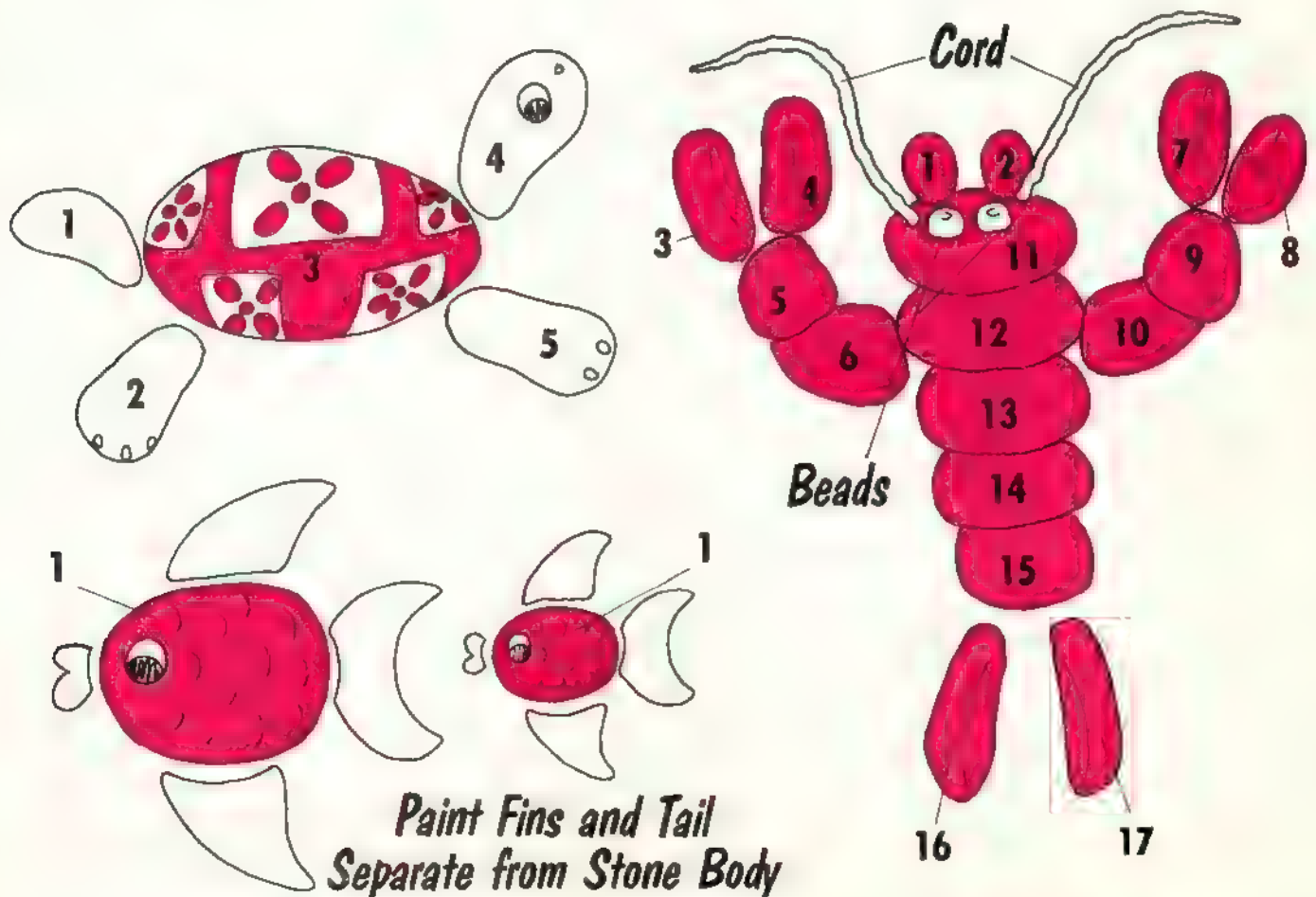
3. A fine point brush is the best to use on the details. Cover the body with a light acrylic color and allow it to dry completely before adding the dark acrylic details. If you paint the "body" with dark acrylic, use light acrylic for the accent details. Allow the paint to dry thoroughly.



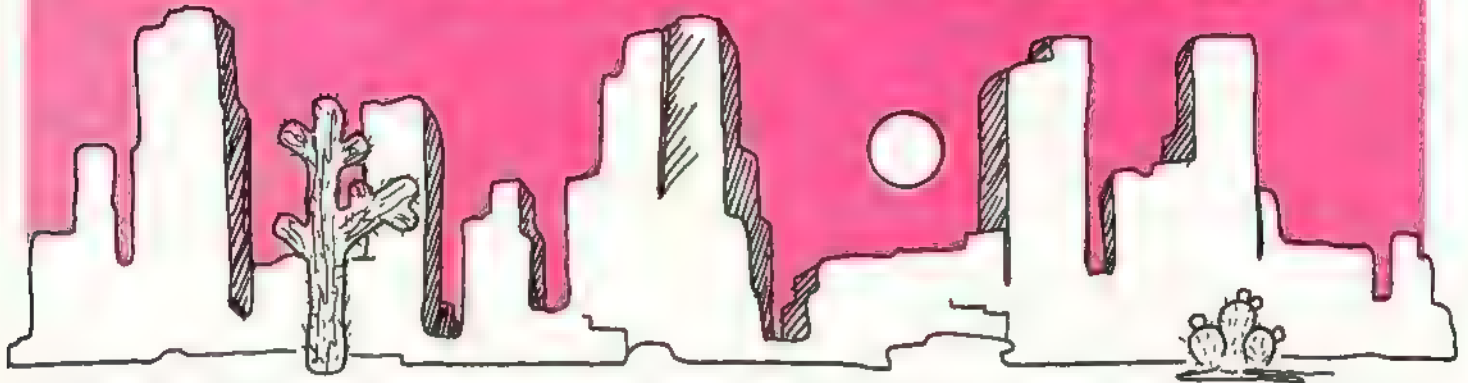
4. To protect the finished and thoroughly dry project, you may seal it with several light coats of clear plastic sealer or paint it with clear varnish. Let it dry completely. You don't want any fingerprints to ruin your colorful 3-D planter, food dish, powder dish, or out-of-the ordinary decorator piece.



SKETCH PATTERNS FOR ROCK DESIGNS



A HORSE OF A DIFFERENT COLOR



Our cute little "Yankee Doodle" is coming to town astride this happy pony! Surprise your favorite tot with one of these lovable stick horses! This brown beauty is made from a piece of furry material stuffed and sewn together. Use felt for eyes and yarn for the mane. A welcome Christmas or Birthday gift!

You'll be number one in the eyes of that small pal of yours when you give him this horse of a different color! Bringing hours of pleasure and fun, he will be a special toy your child will always remember. Easily constructed with a bright piece of calico fabric cut to shape. Use yarn and felt pieces for features.



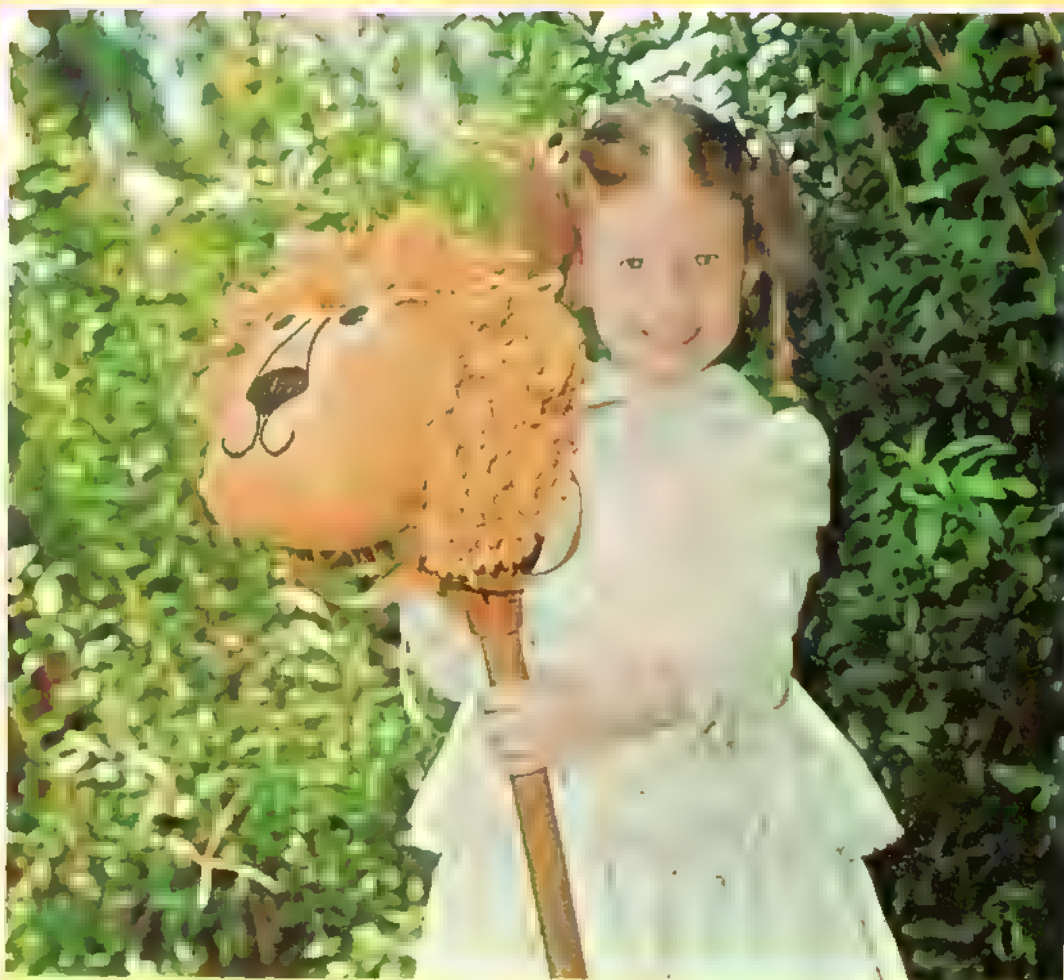


A most friendly jungle animal sure to lope right into a youngster's heart! He's all harnessed and raring to go just as fast as your toddler can trot! A colorful playtoy that will keep him occupied for hours. Especially on rainy days!





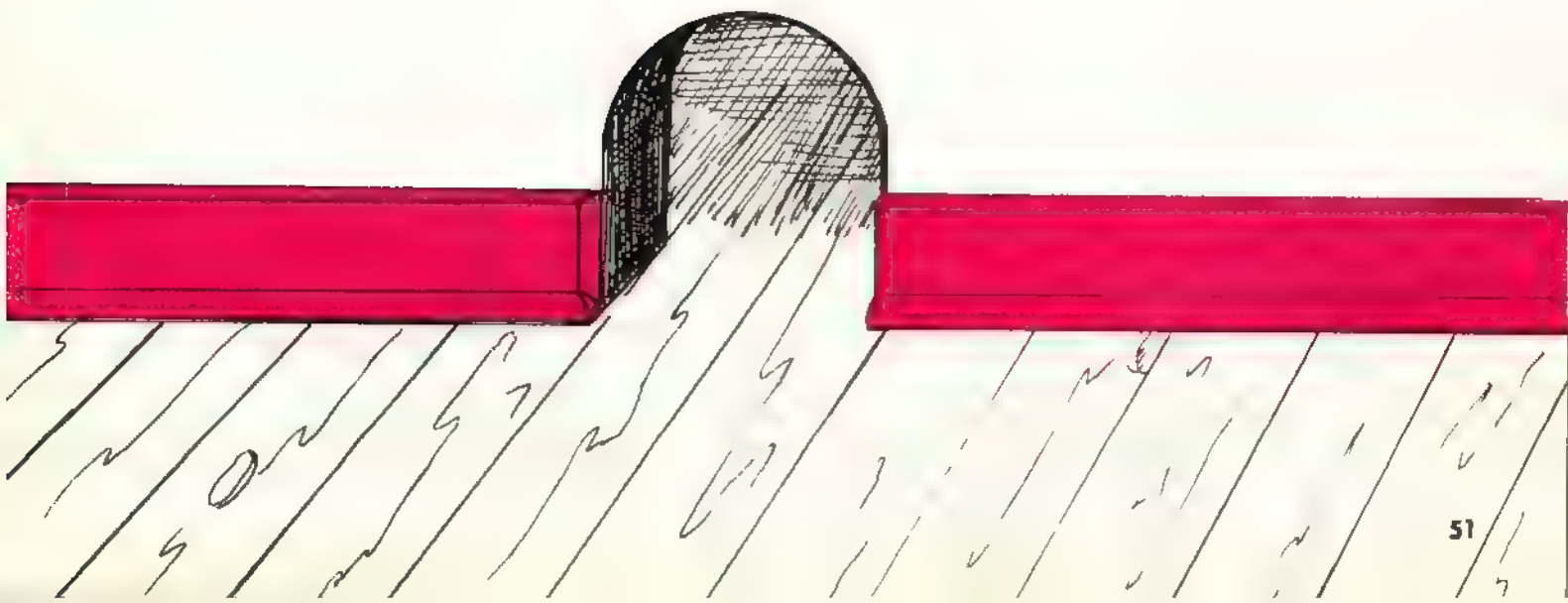
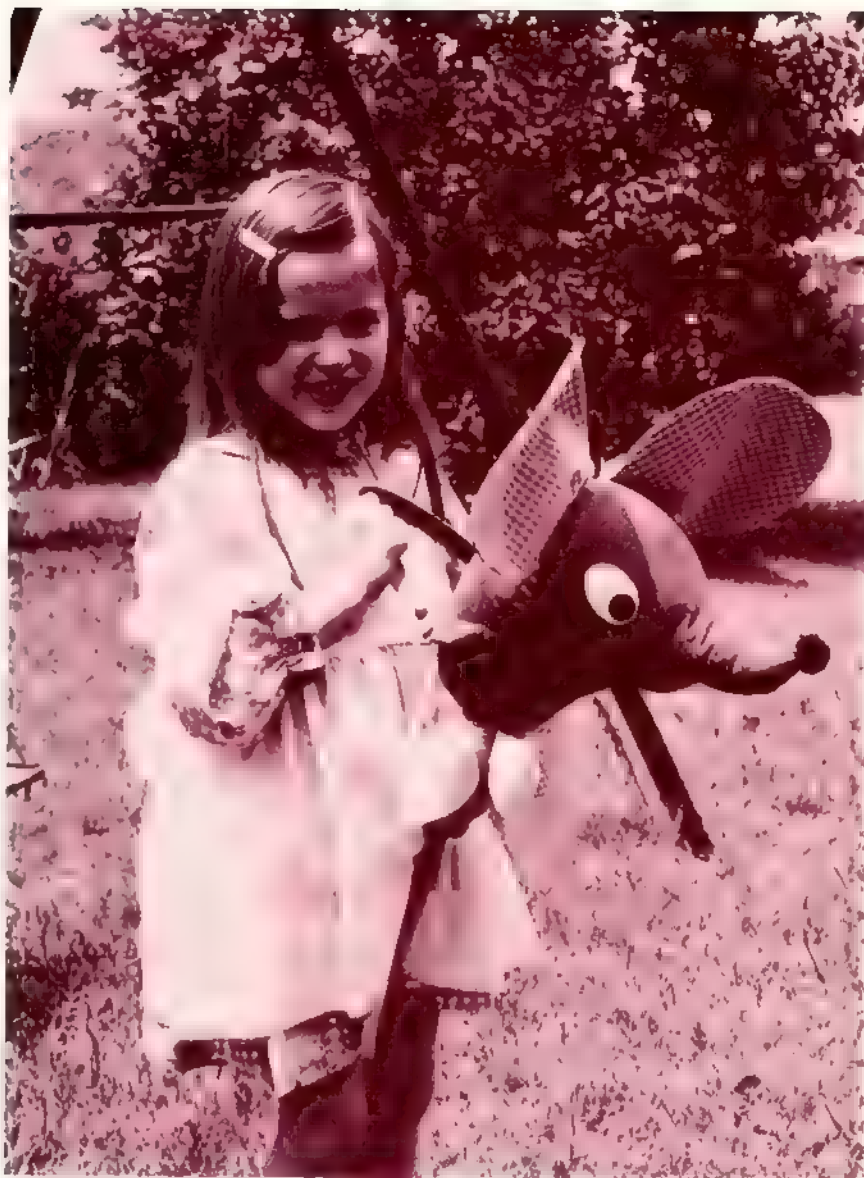
You'll get a lion's share hug from the lucky child you choose to create our raggedy lion stick horse for! With a little effort you can make a real professional looking toy from a bit of fabric, felt and yarn. Get started soon and create your own special "king of the jungle."



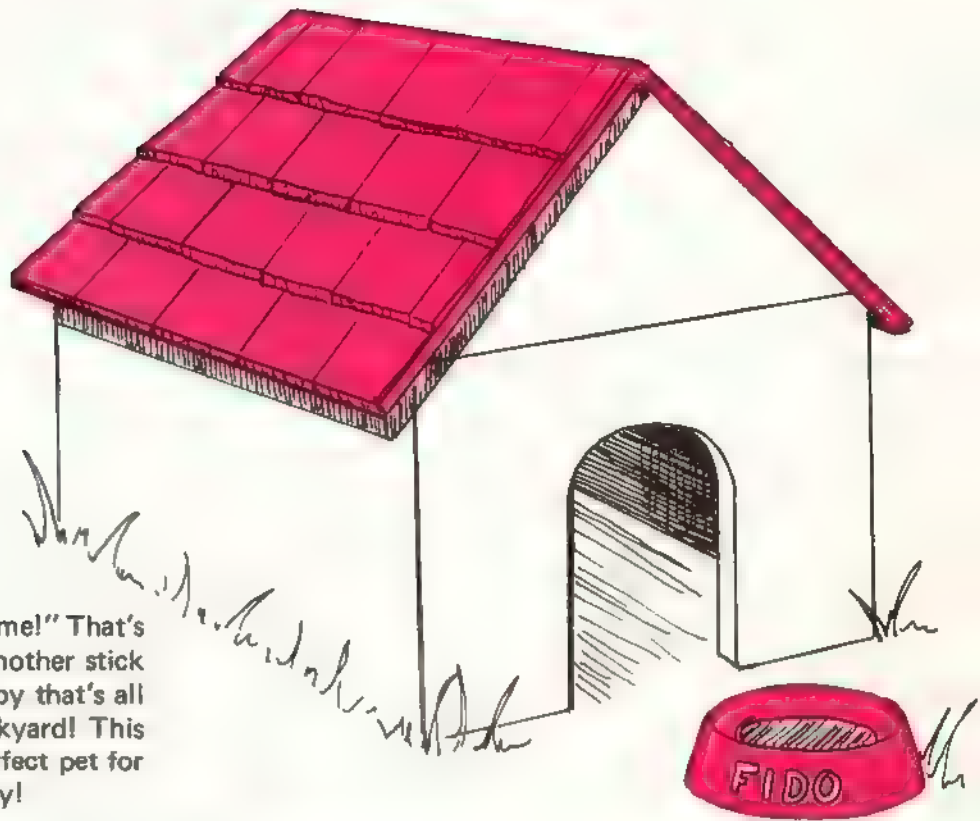


Zebras are last in the alphabet but first to be loved by most boys and girls! True, they're plain black and white but with a red stick and harness they'll steal the show at Christmas time! You might include the zebra or other stick horses in your organization's plans to make toys for needy tots.

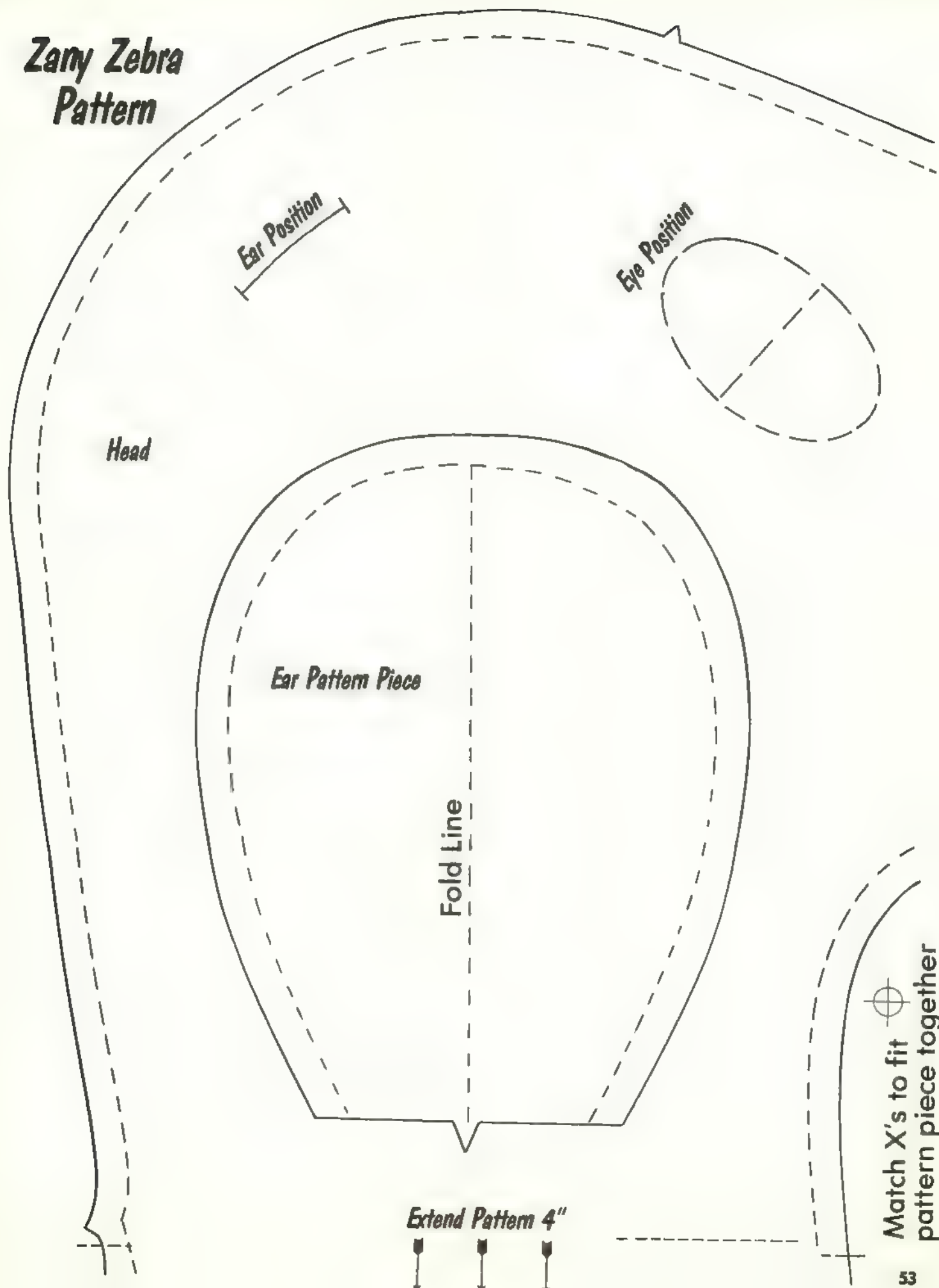
Brighten up those rainy day blues this winter by making a girl or boy mouse stick horse to add to your Christmas gifts. You can put different expressions on these little animals' faces and come up with surprising personalities! Make them in happy colors, then sit back and enjoy the laughter you're sure to hear.



"Come see what my Mommy made for me!" That's what Dena seems to be saying! It's another stick horse idea, this time a whimsical puppy that's all set to playfully race around the backyard! This puppy won't bite or bark so he's a perfect pet for even the smallest member of your family!



Zany Zebra Pattern



Match X's to fit
pattern piece together

Zany Zebra Pattern

Match X's to fit pattern piece together

Match X's to fit pattern piece together

Nose

Rein Strap position

Cutting and Sewing Instructions

CUTTING INSTRUCTIONS:

Striped fabric: 2 heads, 2 ears

Dotted fabric: 2 ears (lining); bow tie: 2 pcs. $3\frac{1}{4}'' \times 4\frac{1}{4}''$; bow tie stay: 1 pc. $1\frac{1}{2}'' \times 2''$; rein straps: 1 pc. $4'' \times 2\frac{1}{2}''$

Felt: 2 eyes (4 pcs.-2 black, 2 white)

SEWING INSTRUCTIONS: Use $\frac{1}{4}''$ seams

1. With right sides together, sew each ear (striped fabric) and lining (dotted fabric). Trim seam, clip curves, turn lightly, press, fold at the notch, baste raw edges together. These will be sewn on later.

2. With right sides together, sew the bow tie on all sides, leaving a small opening for turning. Trim seams, turn, press, slip stitch opening. At the center of the bow tie, gather or pleat. Baste. With all the raw edges folded in, place the bow tie stay over the gathers or pleats. Secure with stitches on the underside. This bow tie will be attached later.

3. Fold the rein strap in half. Stitch; turn. Cut this $4'' \times 1''$ tube in half so that you have two $2'' \times 1''$ straps. Place each strap

Materials Needed

$\frac{1}{4}$ yd. striped fabric (pillow ticking is fine)

$\frac{1}{4}$ yd. red and white polka dot fabric (or you may have scraps on hand)

25 yds. (approx.) of black and white rug yarn (each color)

black and white felt scraps for eyes (you may use buttons)

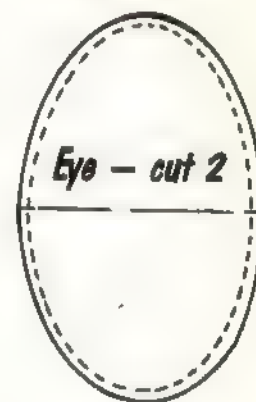
2 rings for reins ($\frac{3}{4}''$ to $1''$ diameter cafe curtain rings or D rings)

Yarn, leather, or plastic suitable for reins

Polyfiber toy stuffing (or other suitable stuffing material)

Dowel, broom stick, or other stick for stick toy

To make the mane for the zebra, wind the two colors of yarn at the same time around a pattern made from heavy cardboard. The pattern is $15'' \times 4\frac{1}{2}''$ with a slot $13'' \times \frac{3}{8}''$ cut from the center of the cardboard. After the yarn is wound, using short machine stitch, sew along the center of the yarn. Use the slot as a guide. Sew twice. Secure each end of yarn. Cut yarn at edges. Remove from pattern.



through a ring. Baste the raw edges together. The straps will be sewn in place later.

4. For the Zany Zebra, we used big black eyes with white pupils. For a more traditional zebra, reverse the colors. Or use buttons.

5. At this time sew the ears, eyes, rein straps on the head as indicated on pattern.

6. With right sides together stitch head between notches, matching stripes. Press open the seam. Baste the stitched center of the mane on this opened seam line on the outside of the zebra. Machine stitch. This will be a little bulky. The mane may be stitched in place by hand if strong thread and reinforced stitches are made.

7. With right sides together, carefully sew the remaining seams of the zebra. Turn. Hem open end. Stuff. Attach bow tie about midway on the front neck. Tack ears to head.

8. Insert the stick. Secure. Finish with decorative yarn, rope, fabric, etc. And tie reins in place through the rings.

WANT TO ADD TO YOUR NOSTALGIA COLLECTION?

HERE'S YOUR CHANCE . . . AND IT'S A PICNIC . . . A

Patchwork Picnic

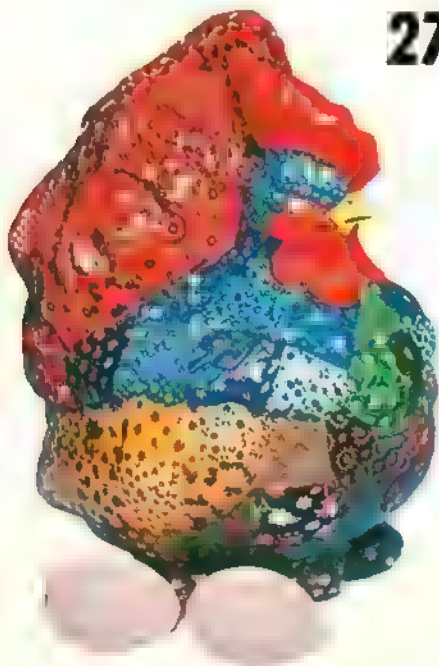
Pick a patch and have a patchwork picnic with us. Included in this exciting, colorful, 16-page book are brand new ideas never before featured by "Crafts 'n Things". If you missed the patchwork pretties in our past issues, this book will help you make up for lost time. "Patchwork Picnic" will enable the beginner as well as the expert to produce cherished gifts for just pennies. All the supplies required to "patch" are easily obtained at most craft stores. So grab those scissors, cut and glue, and watch those faces light up with delight.

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JENNIFER MCCARTHY tells us...

**"I hate to exercise
and I hate to diet
but I lost 6½ inches
off my waistline...
15 lbs. and shaped up
in only 14 days!!"**

One Simple "5" Minute
Exercise, twice daily,
lying comfortably on my
back watching TV,
eating about 20% less
without giving up
any of
the foods
I love.
Slimmed,
Shaped and Firmed my Body
...making me feel
more Youthful...all over!

IT CREATES SUPER LEGS—
Slims and firms thighs.

IT BEAUTIFIES
YOUR BUSTLINE—

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ARMS

IT SHAPES YOUR
HIPLINE—Slenderizes,
tightens the hipline.

IT SLIMS YOUR
WAISTLINE—
Strengthens sagging
muscles, removes fat.
Reduces your tummy,
2 to 4 inches in 14 days.

DEVELOPS A MORE REGAL
POSTURE

"I saw and felt results in the first 3 days."

NO RIGID DIETING...

NO COMPLICATED EXERCISES...

This ingenious '5' Minute Body Shaper Plan, designed for busy people like you, has you starting to lose inches and pounds immediately...In the privacy of your own home. It's Safe...Medically Approved...and Guaranteed!

Here are the 6 reasons why this plan works fast to start you looking years slimmer...in 14 days!

1. It Concentrates Its Slimming Action On Your Fatty Areas, Waist, Hips, Upper Thighs, that give you an aging look. Because it works most of your muscles gracefully at one time—not body part by body part—the Plan stimulates faster slimming action to help you start fashioning a more youthful looking figure in 14 days.

2. Simple to Use. No diabolical. Attach it to any door knob, stretch out comfortably on the floor. Do one '5' Minute continuous, rhythmic, enjoyable exercise, twice daily, whenever you have the time, even while watching TV.

3. Designed to Slim Fatty Problem Areas. Choose 4 different '5' Minute exercises, each created to help slim down the problem fatty deposit areas of your figure in 14 days.

4. No Rigid Dieting. We suggest you temporarily eat 20% less until you reach your normal weight, without giving up any of the foods you love—eat Ice Cream, Cakes, Pasta, whatever! (It's all in the guide.)

5. Safer and Saves Time. No more running to gyms for complicated, exhausting workouts that can strain you. This simple '5' Minute Plan, that you do at home, leaves you refreshed.

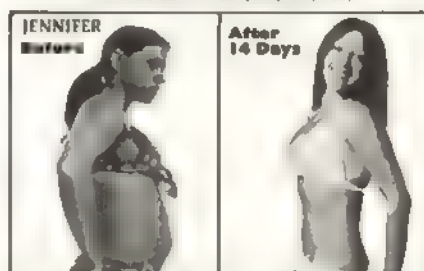
6. Weighs Only 10 Ounces. Fits any wallet size case. Stores anywhere. Travels with you so you never have to miss a slimming session. Remember, it's the daily sessions that firm, shape and fashion you a more youthful looking figure.

It's Fun With Results... "5" Minutes And Out.

THE SECRET WHY IT BEATS FASTING ALONE, MAKING YOUR FIGURE LOOK YEARS YOUNGER.

Fasting programs, when causing weight loss, unlike our plan usually burn off more active tissue (muscles) which can cause your skin to wrinkle, muscles to sag and create dragging fatigue. Our Plan increases active tissue growth—through the use of the '5' Minute exerciser—while concentrating greater fat loss by (exercise and temporary

(PHOTOS CERTIFIED UNRETOUCHED)



Weight: 116 lbs.
Waist: 30½ in.

Weight: 101 lbs.
Waist: 24 in.

20 percent food reduction) making you look years younger as you slim. Within the first '5' minutes you use the exerciser, you start burning off fat, speeding up your metabolism to help burn up stored calories, releasing excess water. Helps curb your appetite without suppressants. Increases energy and well being. It's so simple and enjoyable a plan to follow, we guarantee you can stay with it remaining slim without re-gaining those inches and pounds. It can put an end to your 'gain and loss cycles'.

USE OUR '5' MINUTE BODY SHAPER PLAN FOR 14 DAYS AND WE GUARANTEE YOU THESE RESULTS:

"You Will Lose Inches and Pounds. Improve Your Vitality, Energy, Fitness, Posture, Work Off Body Tensions, Feel and Look Better and Younger—All To Your Satisfaction Within 14 Days—If You Follow Our Instructions—Or Your \$9.98 Will Be Refunded."

EXPERTS AND CUSTOMERS AGREE:

It's the no-nonsense way to shape up fast! Scientific reports and many of our 600,000 customers inform us that sauna wraps, inflated belts, weighted belts and other 'effortless exercisers' are of little or no value in firming, shaping and beautifying your figure. "YOU MUST WORK OFF THE INCHES," experts say. We believe, and results prove, our's is the simplest, safest, most enjoyable Plan to do it. We Guarantee It. Here's a sampling of what our slimming customers tell us that happened to them while using the Plan.

Name	Pounds Lost	Inches Lost (off waistline)	Time
G. C.	25 lbs.	5½ in.	(14 days)
M. F.	32 lbs.	8½ in.	(24 days)
W. E.	15 lbs.	3 in.	(14 days)
M. B.	22 lbs.	5 in.	(21 days)
C. J.	10 lbs.	6½ in.	(14 days)
P. O.	10 lbs.	6½ in.	(14 days)
J. C.	10 lbs.	5 in.	(14 days)

They were measured by experts before and after 14 days. The results verified, some notarized. Your results may vary depending on how overweight you are and how much time you devote to the exerciser. The customers quoted spent 5 to 10 minutes, twice daily and reduced their food intake—temporarily—by about 20%, but none gave up the foods they love.

DO IT NOW! It's America's most successful figure shaper. 600,000 customers have purchased our '5' Minute Plan to slim down fast. Results are proven and some notarized. Our guarantee to you is in writing. Experts agree our plan works—and works fast. Now, can you think of any reason for not ordering your '5' Minute Body Shaper Plan and start slimming down today?

Satisfaction Guaranteed!

Use our improved '5' Minute Body Shaper Plan for 14 days! See what it can do for you! If it is not what we say it is, simply return it to us, in good condition for your \$9.98 refund.

Weights
10 ounces

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IN CANADA: 5 Minute Body Shaper, 2875 Bates Road, Montreal, Quebec.

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ACUPRESSURE

YOU USE YOUR FINGERS. INSTEAD OF NEEDLES.

You learn to press the right "buttons" on your body. And your body'll work miracles: To heal you! To relieve you! To relax you! (To make you feel and even look younger!)

It works a lot like Acupuncture. Only it's so simple, safe and easy. You learn in minutes what can bring you a lifetime of relief. Relief from pains, tension, and discomforts (from headaches to hemorrhoids). To help you feel and look your best for the rest of your life!

Like aspirin, doctors don't know exactly how it works. All they know is that it can achieve miraculous results (but unlike aspirin which can have very harmful side effects, Acupressure is 100% safe). And now for no more than you probably spend in one trip to the drug store, you can learn how to do it. With results guaranteed. Or your money back.

If anybody told you that you could get rid of a big headache for example simply by massaging a pressure point in a special way, you would say they were crazy. Yet it really works! And that's only the beginning.

The human body is the most fabulous machine of all. Built into it are wondrous healing mechanisms which man has never been able to duplicate in the laboratory. For reasons not yet completely understood, Acupressure (in a way very similar to its cousin, Acupuncture) seems to be a way to "trigger" these miraculous healing mechanisms; and bring soothing relief as the healing process takes over, doing those things for the body which only the body can do for itself.

The new healing method that's thousands of years old. For thousands of years Chinese medical experts have understood pressure point healing (Acupressure) and practiced it with great success. Now at last, the western world has recognized this science for the fantastic results it has achieved. Today more and more doctors and nurses are learning the therapy of pressure points. But you don't need a medical education to practice it. Now there is an amazing course so simply written and illustrated that anybody can begin mastering Acupressure within minutes.

No drugs. No special equipment. Acupressure is completely safe. You can perform it anytime you wish. Without drugs and without special equipment of any kind. All you need is a little knowledge and a couple of fingers. And soon, you may be enjoying a whole new life of health and vigor you wouldn't have dreamed possible!

Even when you're not in pain. Even when you're not in pain, it can be a great help to relieve tension and simply to relax. To put your whole body at ease (even get you to sleep without pills). More effective... and of course more convenient than a backrub because you don't need anybody but yourself.

Acupressure is proven effective in achieving a dynamic sex life. Many women have found it can correct irregular menstruation, control the unpleasant aspects of menopause, overcome frigidity, even work wonders in bust development. Many men have found it can correct impotence,

and generally improve sexual performance many times over.

GIVE YOUR FACE AN ACUPRESSURE TREATMENT EVERY MORNING. IT COULD DO A LOT MORE FOR YOUR LOOKS THAN ALL THE EXPENSIVE COSMETICS AND FACIALS PUT TOGETHER! Push the right buttons and your body releases power-hormones that help keep skin soft and smooth, and revitalize tissue to keep the flesh firm and young feeling; without the sagging and puffiness that are always associated with aging. When it comes to looking and feeling great, no drug or cosmetic yet invented can compete with the "magic" of your own body chemistry once you've learned to activate it!

Don't confuse Acupressure with ordinary massage methods. Acupressure is a serious help in healing. Here are some of the many conditions where Acupressure may prove a real God-send to you:

Arthritis, Backaches, Headaches (even migraine), Sinus, Hayfever, Asthma, Bronchitis, Coughs, Colds, Anemia, Eye Trouble, Sexual Fatigue, Frigidity, Childbirth, Constipation, Morning Sickness, Menopause, Menstrual Cramps, Heart Trouble, Hemorrhoids, Gallbladder, Gastro-Intestinal and Abdominal Problems, Infections, Insomnia, Rheumatism, Neuritis, Neuralgia, Sciatica, Lumbago, Joint Pains, Varicose Veins and Leg Cramps, Fatigue, Depression, Diarrhea, Hiccups, Ear Problems, Bladder Troubles, Prostate Problems, Diabetes, Blood Pressure, Nervousness.

TO MATCH THE MIRACLE OF ACUPRESSURE, WE OFFER AN INCREDIBLE GUARANTEE

We'll mail you the complete illustrated Acupressure course at absolutely no risk to you. (In words and pictures, it's so beautifully simple even a child could understand it). Give it a fair 30 day trial. Then if you're not convinced that Acupressure is the most fantastic method of pain relief, healing (and just plain tension-relaxing) you've ever experienced, we'll refund every penny. You can't be any fairer than that.

MAIL THIS NO RISK COUPON TODAY!

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Please rush me my illustrated Acupressure course for \$8.00. Please add .55¢ postage and handling. Enclose cash, check or money order. Payable to Insider's Mailbox, Inc. (It makes a fabulous gift. So why not order two for \$14. and save two dollars!)

I understand that at the end of 30 days, if I don't feel the healing, relieving and relaxing miracle of Acupressure. I can return the course and get every penny back.

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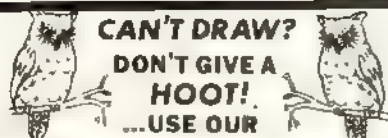
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"They spent a bundle putting a man on the moon, and now I'm finally getting some benefit from it. This diet took me from 160 lbs. to 120 lbs. From the size 16 I'm holding to the size 9 I'm wearing. I feel great, and I eat almost everything." J. Q., New York City.

(Actual case history. Name upon request.)

★★★★
1975

Consumer Guide
Magazine Awards
ASTRONAUTS' DIET
its highest rating!

(While it puts the popular fad diets on the not-recommended list).

No longer a diet known only to NASA. It took a national space program to develop this diet. The proven, scientific way to lose weight — **without losing energy!** There are two parts to this Diet. The first part works to really "blast off" those ugly extra pounds. **And you feel great doing it!** Unlike other diets that are all protein or all-this and no-that, the Astronauts' Diet allows you to enjoy foods you'd never believe would be on any diet, like bread, macaroni, even peanut butter. Yet the result is fantastic weight loss. Then after you've achieved the perfect weight for your body, the **Second part of the diet** is designed to put you in the peak of condition for maximum energy, vitality and all-around good health for the rest of your life—all without gaining weight!!

The healthiest food plan ever developed! Not only for astronauts. In fact it was designed for use by all NASA personnel. It works for everyone, at any age, male and female.

Join the world's best fed human beings: The U.S. Astronauts. In their world, there's no room for fat. Or fatigue. And yet, the split-second, life-or-death tensions and stresses of their lives build gigantic appetites that no ordinary diet could satisfy!

Not a fad diet. This is truly a nutritional development of great importance! Rather than limit your choice of foods. The Astronauts' Diet actually offers you a greater variety of delicious foods than you probably enjoy even when you're not trying to lose weight!

The Astronauts' Diet is one of the technological benefits of our space program, it's undoubtedly the least expensive way there is to lose weight. You'll not only cut fat, but you'll cut your food bills to the bone. Be-

cause although the diet itself was especially designed for NASA, the foods themselves are not special in any way. They're inexpensive. And available in every grocery store.

What makes it work? It's the way these foods are combined in a **scientific approach** that works wonders on excess fat and unwanted inches. But remember, as you lose weight you don't lose energy! (In fact you'll start feeling better than you have in years).

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Forget all those old-fashioned fad diets! Enjoy this new space-age way to lose weight... and feel great while you're satisfying a big astronaut size appetite.

Join the Astronauts for breakfast, lunch, dinner, and yes, even snacks. The Astronauts' Diet offers so much variety, there isn't a store or a restaurant that won't have

the things you need.

Before America's space program developed it, you couldn't buy this diet for a billion dollars. **You still can't buy this diet in stores.** But now it's available through **The Insider's Mailbox** for a nominal charge of \$2. plus .50¢ for postage and handling. (After all, as a U.S. taxpayer you've already paid your part to develop this diet. We don't think you ought to have to pay a lot more to receive the personal benefit of it).

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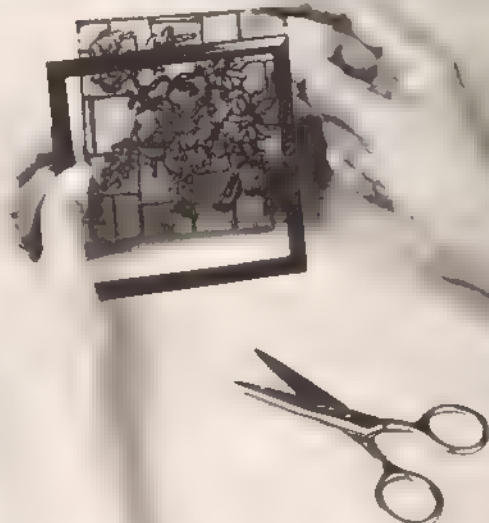
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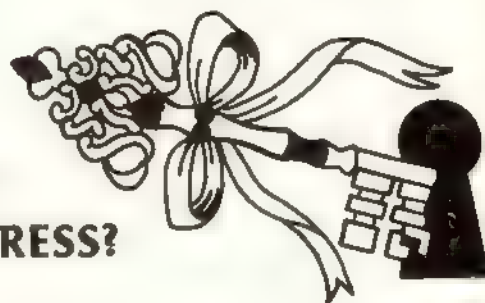
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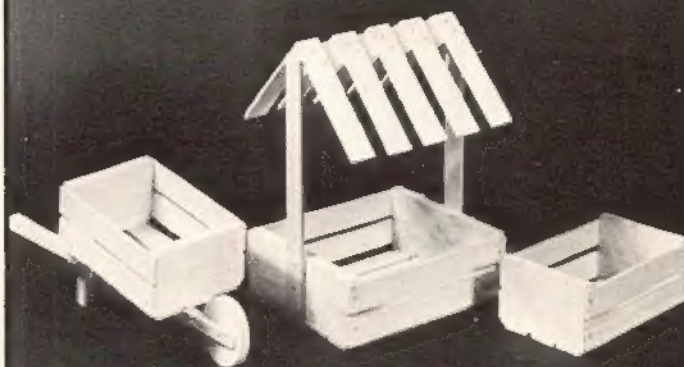
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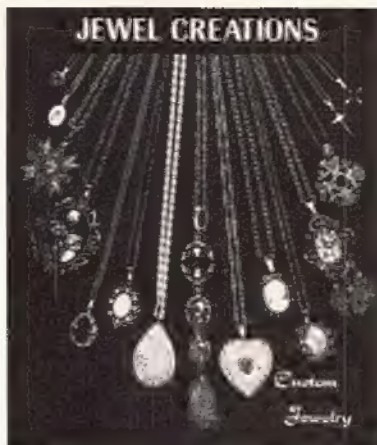


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